1995-

2012

(9) of 9

Two women earn coveted awards as top volunteers

COVETED AWARDS - Helen Cunningham, second from left, and Jane Gleitz, second from right, were named 1995 Area 14 Older Woman of the Year and Area 14 Older Hoosier of the Year, respectively. They were joined at the awards presentation by Pat Jewell, left, executive director of South Central Indiana Council for the Aging, and Retired and Senior Volunteer Program Director Matie Watts.

Two women from Harrison and Floyd counties have been named the recipients of two of the highest honors presented to outstanding senior volunteers.

Helen Cunningham, Elizabeth, was named 1995 Older Woman of the Year and Jane Gleitz, New Albany, was selected 1995 Area 14 Older Hoosier of the Year.

Cunningham retired from Colgate-Palmolive Company in September 1983 where she worked for 38 years as a chemist microbiologist. A volunteer since her college days, retirement just meant Helen had more time to volunteer.

Helps At School

Since joining the Retired Senior Volunteer Program in October 1983, Helen has helped in the library at Corydon High School and assisted the science teacher at South Central High School in Elizabeth.

She also began volunteering at the Harrison County Parks and Recreation Department as a revenue clerk. For the last 12 years, Helen has been tracking all the income and expenditures for the seven parks in the system.

During the summer months when the parks are busy, the job is a five-day a week one as Helen checks cash register tapes to cash received, records claims for purchased materials and allocates the expenditures to the proper accounts.

Serves On Board

In addition, Helen is on the South Harrison Parks Advisory Board where she helps plan and run the annual Easter Egg Hunt and Christmas party for children and the Community "Fun in the Park" day for local families.

As a college student at Manchester College, Helen read to residents of the Presbyterian Retirement Home, Peabody Home. Many of the residents were retired professional people who had trouble seeing and needed someone to read professional journals and newspapers to them. Discussions often followed which proved to be a great learning experience for Helen.

When it was decided to organize a Harrison County RSVP Advisory Council, Helen was asked to help get the group organized. She was elected chairman and served two terms. Under her leadership, the Advisory Council implemented the Mitten knittin' Program into Harrison County.

Children Benefit

During the year, volunteers knit and crochet mittens and hats for schoolchildren who are without.

Helen recruited several of her friends and neighbors to join in the program. In 1994, 121 items were turned over to Harrison County schools to give to needy children.

Helen has helped on the Council for the Aged and Aging Senior Citizens Angel Tree in Harrison County, helping to find volunteers to man the tables at Wal-Mart.

Helen has been a member of the Harrison County Mental Health Advisory Council, was Harrison County Extension Club tourism chairman, Farm Bureau Woman's Leader and a representative to the state conference.

Active In Church

She is active in her church, Church of the Covenant Presbyterian in Elizabeth. She is currently serving on the Presbytery Committee on Ministry which includes all Presbyterian churches in the southern half of the state.

She continues to teach Sunday School to adults, something she has done "forever." Helen has been involved in organizing a senior citizens group in

See two, Page 7

Two women top volunteers

Golden Opportunities Tue Oct 17, 1995

Continued from Page 2

Elizabeth which meets at her church, but is open to everyone. Helen helps organize the programs, plan the meals, and arrange auxiliary services, such as blood pressure screening and diabetes checks.

Mother, Grandmother

As the mother of two children, Helen has been involved in many activities relating to the education of growing children. She now enjoys being the grandmother to four young ones.

Gleitz is an outstanding volunteer. She has been serving her community in many capacities over a period of 30 years.

In 1952, she earned her registered nursing license from IU Medical Center and bachelor of science degree in nursing from Butler University. With this prestigious background, she was instrumental in organizing the Kentuckiana Operating Room Nurses Association in 1958.

Charter Member

She was also involved in the equipment and instrumentation of the OR program at a local technical school.

The Pilot Club of New Albany, Inc. was presented its charter in April 19, 1960. Jane is a charter member and was elected president in 1963-64.

She continues to be active in its various projects, serving in fund raising, working in the ice cream booth during Harvest Homecoming, and the Lite-A-Lite program in December of each year. The proceeds of Lite-A-Lite are given to the Pilot International Brain Disorder project.

She was co-chair of a club activity which provided a computer and printer for special needs children (brain injuries) at Scribner Junior High School.

In 1960, she helped organize the Cystic Fibrosis program for the City of New Albany. The funds were used to help establish a chest clinic at the University of Louisville Hospital. For five years she served as a fund raiser for this project.

AARP President

Jane is active in the American Association of Retired Persons, having joined Chapter #3217 in 1987. From 1989 through December 1991, she was the recording secretary. In January 1992, she was elected president, serving until December 1993.

She was appointed in January 1994 to serve on the American Association of Retired Persons Board of Directors and is currently serving in this capacity. She helps with fundraising and is involved with any other projects sponsored by the association.

Helps At Health Fair

Jane has been volunteering for the association at an annual Health Fair in the areas of registration. She was also involved in helping with the Organizational Table Display.

In 1988, she became an active volunteer for the South Central Indiana Council for the Aging. Her services include assisting with Senior Games mailings, pre-registration and closing ceremonies.

She is one of the most dedicated volunteers for the Senior Citizens Angel Tree project. She serves on the advisory committee and has given countless hours in distributing "Angels" and collecting gifts at the River Falls Mall.

Children's Angel Tree

She has sorted gifts and volunteered to assist with shopping for nursing home residents to assure gifts were evenly distributed. In addition, Jane volunteers for the Children's Angel Tree project which is administered by the Salvation Army.

Other volunteer activities include preparing and distributing Red Ribbons for the New Albany Pilot Club and Retired Senior Volunteer Program which is an annual campaign, "Say No To Drugs."

Other Contributions

Jane served for two years on the Floyd County Chapter Cancer Association Board. In her "spare" time she canvassed her area for the American Heart Association and the American Cancer Association seeking contributions.

Each year, the Providence Retirement Home sponsors "let's Make a Difference Day." Volunteers "adopt" residents for a day, helping him/her in scheduled activities and eating lunch with them. It is a heartwarming experience and Jane has volunteered to participate again this year.

If a need for an individual surfaces, Jane is the first person to be called. She doesn't know how to say "no."

PHOTO BY AL ALLEN

"I think there's a need for volunteers," said 72-year-old Jane Gleitz, who does her part to help fill that need.

NEW ALBANY

Quiet work brings hurrahs for volunteer

By GRACE SCHNEIDER
Staff Writer 10-28-95
Courier-Journal

Pat Jewell remembers a day that perfectly illustrates Jane Gleitz's quiet, businesslike style of volunteering.

The South Central Indiana Council for the Aging & Aged had just received a huge shipment of Christmas packages for nursing-home residents.

Jewell, the executive director, looked up that morning and spotted Gleitz walking in the door at 8:30 to help sort the gifts. It was a busy day, and several staff people were out with the flu, so Jewell forgot about the back room and the hundreds of gifts.

"She was so quiet, I just figured she'd left. Then I went back there at 4:30 p.m., and there she was. She had worked the entire day," Jewell said.

Everything had been stacked and labeled, ready for delivery. "You would have thought three people had done what she did."

Two days ago at the Governor's Conference on Aging and In-home Services, Gleitz and 15 others from across the state were honored as Older Hoosiers of the Year.

Gleitz, reached yesterday at the three-day conference, downplayed her years behind the scenes. She has raised money for cystic fibrosis research and sorted packages for the Salvation Army's Angel Tree program. She spent 120 hours last May making table decorations for a seniors celebration sponsored by the Council for the Aging.

"I've always worked," said Gleitz, who is 72. "I think there's a need for volunteers."

Gleitz, the former Jane Pinaire, grew up on farms in Harrison County with her parents and a brother and sister. Later she completed her registered nurse's training at Butler University. After her husband of only three years, Carl F. Gleitz, died, the New Albany resident supported herself and her only son, Leslie Carl.

During most of her 31 years working at Floyd Memorial Hospital, Gleitz also was active in the Pilot Club of New Albany, a civic-service organization, as well as other groups, including the American Association of Retired Persons.

Gleitz said she was thrilled by this week's honor and a little surprised. "Other people deserve it more than I do."

Hardly, Jewell said.

"Jane is a remarkable person. She is one of those people who gets so much done in the community, but she does it so quietly. She's always there for you."

•

Other Southern Indiana residents also were recognized:

- Hilma Murphy of Paoli, an advocate for the elderly who volunteers at the French Lick Senior Citizens Center.
- Glen Pride of North Vernon, a retired police officer and firefighter who volunteers as a Jennings County special deputy looking after the wellbeing of senior citizens.
- Wilbert Williams of Bloomington, who helps seniors in Monroe and Owen counties to keep fit and who has found funding for many projects to help senior citizens.

The Leader

RECYCLED PAPER

Circulation 10,500 Wednesday, November 22, 1995

The V.F.W. Post No. 1427, Charlestown, made a $500 donation to the Senior Citizens Angel Tree sponsored by the Council for the Aging.

Pictured above are Commander Joe Wilmoth; Julie Wilson, Council for the Aging; and Quartermaster Robert Wade.

Hospital to Serve Turkey Dinners to 25 of County's Homebound Seniors

Scott Memorial Hospital will be serving hot Thanksgiving dinners to 25 of the county's homebound elderly this holiday.

Hospital dieticians will prepare the meals as part of the Meals-On-Wheels America network in the Kentuckiana area.

The Meals-On-Wheels program has provided hot lunches for frail, homebound elderly across the country. In Scott, Clark, Floyd and Harrison counties and in Jefferson County, Ky., Meals-On-Wheels volunteers deliver over 1,200 meals daily.

The five-county effort is directed by the South Central Indiana Council for the Aging and Aged Inc., Area 14 Agency.

Last year, the SCICAA and the Jefferson County (Ky.) Senior Nutrition Program became members of Meals-On-Wheels America. This technical assistance project aids communities across the country in generating local support for holiday, weekend and emergency meals. Meals-On-Wheels also helps reduce waiting lists for this service.

Sue Cravens-Phillips, chief operating officer of Scott Memorial Hospital, is a member of the SCICAA board of directors. She has organized the local Meals-On-Wheels effort for the upcoming holiday.

The local effort is part of the scheduled campaign to deliver 500 to 800 hot meals to homebound seniors through the five-county Meals-On-Wheels affiliate, now named Meals-On-Wheels Kentuckiana.

1995 - Scott Co. Journal 11/18/95

The Banner-Gazette

Newsstand Price 25¢ Circulation 15,200 Wednesday, November 22,1995

Meals-On-Wheels Provide Homebound Seniors Meal

As a Meals-On-Wheels America affiliate, the South Central Indiana Council for the Aging and Aged, Inc., in New Albany and the Senior Nutrition Program in Louisville, will hand deliver 800 privately funded, Thanksgiving meals to area homebound seniors.

With the help of an army of volunteers, including employees of Joseph E. Seagram & Sons Inc. their families and friends, the 45 Meals-On-Wheels America communities across the country will initiate the Eight Annual Thanksgiving Day Roll-Out __ a delivery of more than 65,000 meals. These volunteers are giving up part of their holiday so community elders won't have to give up theirs, on this, our most American of feast days. Joseph E. Seagram & Sons, Inc. is the national sponsor of Meals-On-Wheels America, a program functioning under the auspices of the New York City Department for the Aging.

This special Thanksgiving offering has become a hallmark of meal delivery programs affiliated with Meals-On-Wheels America, a national fundraising technical assistance organization dedicated to helping member programs raise private funds for additional meals to homebound seniors. The country's local meal delivery programs provide five hot meals weekly to millions of homebound elderly. Although these meals are paid for through government funds, there are limited funds left for meals on weekends, holidays, or times of emergency.

These Thanksgiving deliveries are rewarding tradition for recipients and volunteers alike who have adopted the Thanksgiving delivery project as their own. Coming from all walks of life, volunteers will again prepare, package and deliver old-fashioned turkey dinners with all the trimmings.

Additionally, many local corporations and businesses have joined forces with South Central Indiana Council for the Aging and the Senior Nutrition Program by providing cash donations and pro bono support, sponsoring events and developing public relations efforts to enhance the lives of the elderly.

For more information about the program, contact Sheila Modica at 812-948-8330 in New Albany, and Joe Spalding at 502--574-6421 in Louisville.

Continued On Next Page

Staff Photo by Cathy Dix

Scottsburg Mayor Bill Graham spoke to a Conference on Successful Aging held at the Knights of Columbus Hall.

Scott Co. Journal 11/18/95

'Angel Tree' to be at Wal-Mart Supercenter beginning Saturday

Corydon Democrate 11-15-95

The annual senior citizens "Angel Tree" will be at the Wal-Mart Supercenter in Corydon from Saturday through Wednesday, Nov. 22.

Shoppers who wish to purchase a Christmas gift for a local nursing home resident or homebound elderly person should visit the tree and select an "Angel" card. The Angels have been coded with the elderly person's needs.

Purchases are then returned to the tree to be distributed.

The Angel Tree is sponsored by the Salvation Army, the South Central Indiana Council for the Aging and Aged Inc., and the Harrison County Human Services Association.

Retired senior volunteers from the local RSVP organization provide the staff to work at the tree in the store. The Rainbow's End Daycare Center provides handmade cards to accompany the gifts.

This project has served more than 100 residents during the past five years, said Barbara Crecelius, Harrison County coordinator.

Participating nursing homes are Indian Creek Convalescent Center, Corydon Healthcare Center and Todd Dickey Medical Center.

Local home health agencies and the Council for Aging refers names of homebound seniors who are in need of Christmas assistance.

Cash contributions are welcome and will be used to make purchases when an Angel is not returned or when extra items are needed, said Crecelius.

Tax deductible contributions can also be made. Checks should be payable to: South Central Indiana Council for the Aging, Harrison County Angel Tree. The address is 426 Bank St., New Albany, IN 47150.

Meals-On-Wheels Seniors Meal

The Leader Nov 22, 1995

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limited funds left for meals on weekends, holidays, or times of emergency.

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again prepare, package and deliver

Senior Citizen Angel Tree

The Senior Citizens Angel Tree was originated in 1989 by the South Central Indiana Council for the Aging and the Salvation Army. The Senior Citizens Angel Tree grew out of an ever increasing need to remember older adults who reside in nursing homes or are homebound.

The older adult who qualifies (qualifications being lack of funds or having no family to remember them) fills out a "Wish List." The most needed items on the "Wish List" are usually clothing, pajamas, gowns, sweatsuits, shoes, underwear and toilet articles. These "Wish Lists" are then put onto an "Angel."

All of nursing homes in the Clark, Floyd, Harrison and Scott counties will be submitting names. The Council for the Aging has access to the names of the homebound elderly. It is anticipated that over 500 names will be placed on the "Angels."

An Angel Tree will be set up at Wal-Mart from November 18-20. Shoppers can choose an "Angel" and shop from that persons Wish List. The name of the recipient in the nursing home is not given to the shopper. The first name has a code number. Therefore, the identity of the resident is not known. Presents are then returned to the Angel Tree and stored at the Council for the Aging until their delivery time.

Many older adults are neglected and despondent during the Holidays. The angel packages are so welcome and appreciated. However, it is always a concern that all of the names won't be taken and some of the seniors will be without gifts and feel rejected.

If you don't have time to shop, perhaps you might like to make a cash donation, and the council will shop for you. In order for them to Christmas shop it would be appreciated if the cash contributions could be given to the office or at the Senior Citizens Angel Tree Table at River Falls Mall by November 19, as many nursing homes have their Christmas parties early in the month of December.

For further information on how to participate, make a donation or volunteer, please call Julie A. Wilson at the Council for the Aging at 426 Bank St., Suite 100, New Albany, or call 948-8330.

You can be a real angel this Christmas through the

BY MARC MEYER
Evening News Staff Writer 11-18-95

Here's your chance to "adopt" an Angel - at least, long enough to purchase a Christmas gift for someone who may otherwise be forgotten during the holiday season.

The Senior Citizen Angel Tree, sponsored by the South Central Indiana Council for the Aging and the Salvation Army, is set up in the River Falls Mall in Clarksville.

All of the nursing homes in Clark, Floyd, Harrison and Scott counties submit names and the Council for the Aging has access to the names of the homebound elderly.

The older adult who qualifies - a person lacking funds or has no family - fills out a "wish list." Items generally include clothing, pajamas, gowns, sweatsuits, shoes, underwear and toilet articles. These "wish lists" are then attached to an "Angel" and placed on the tree which will remain at the mall through Sunday.

Shoppers can choose an "Angel" and shop from that person's "wish list."

The name of a nursing home recipient is not given to the shopper. The first name has a code number, thereby ensuring that the person's identity is not known.

Presents are then returned to the Angel Tree and stored at the Council for the Aging office until delivery time.

"The Senior Citizen Angel Tree was originated in 1989 by the Council and Salvation Army as a result of the growing need to remember older adults who reside in nursing homes or are homebound," said Julie A. Wilson, special projects coordinator for the Council.

"Many older adults are neglected and despondent during the holidays and the Angel packages are so welcome and appreciated," Wilson said. "However, there is always a concern that all of the names won't be taken and some of the seniors will be without gifts and feel rejected," she said.

Wilson noted that some persons may not have time to shop and she has this suggestion. "Perhaps you might like to make a cash donation and we will shop for you.

"It would be appreciated if the cash contributions could be brought to the Angel Tree table at River Falls Mall by Sunday since many nursing homes have their Christmas parties the early part of December." Donations may also be made at the Council office in New Albany.

For additional information concerning the Angel Tree project, making contributions or volunteering, contact Wilson at the Council for the Aging, 426 Bank Street, Suite 100, New Albany, 948-8330.

Senior Citizens Angel Tree

Staff photo by Ron Dick

PLACING 'Angels' on the tree at River Falls Mall are Julie A. Wilson, left, special projects coordinator of the Council for the Aging, and Vicki McCormack, of the Salvation Army.

Staff photos by Ron Dick

VALERY DELONG, administrative assistant for Indiana Senior Goals 2000, addresses the crowd at the Ken Ellis Center in Jeffersonville.

Seniors air concerns at Goals 2000 session

"What's going to happen to our health care system?"

"What can we do about it?"

These were among the questions senior citizens addressed at a public meeting last month at the Ken Ellis Senior Opportunity Center, 211 Martin Circle, Jeffersonville.

Some 50 seniors from Clark, Floyd, Harrison and Scott counties participated.

Paul Severance, executive director of United Senior Action, gathered written concerns from those in attendance for a coalition of nine statewide groups representing retirees and the elderly - Senior Goals 2,000. The coalition will meet in Indianapolis Dec. 5-6 to develop a political action strategy for seniors.

Also on hand to explain the workings of Senior Goals 2000 was Valery Delong, coalition administrative assistant.

Ten major concerns were voiced by the meeting participants:

- **Social Security and pensions.**
- **Quality and affordable**

See Seniors, Page 3

AMONG INTERESTED SPECTATORS at the Senior Goals 2000 session were Thelma Bertrand, left, White House Conference on Aging delegate, and Pat Jewell, executive director of the South Central Indiana Council for the Aging and Aged Inc.

Medical Center offers special help to seniors with depression

Later life can be a wonderful time for many older adults, but for some it is a time of hopelessness and anxiety.

Changes in the mental and emotional well-being of older adults can have frightening and tragic results.

One in five Americans will experience depression over the course of life, and seniors often face trying lifestyle changes that trigger the onset of this debilitating condition.

Stress and anxiety are common among seniors who have lost a spouse, have financial problems, are isolated or unable to perform daily living tasks.

The Medical Center of Southern Indiana provides hope for senior citizens through comprehensive mental health services.

The Medical Center's Behavioral Health Services offers a wide range of programs to meet the mental health needs of older adults.

It has designed a weekday partial hospitalization therapy program especially for seniors.

Participants have the opportunity to deal with depression, stress, anxiety, grief and loss in a compassionate and supportive environment..

Transportation and lunch is provided daily as a part of the program.

The partial hospitalization program is structured and intensive.

Senior participants need to have the ability to function in a group setting and have a stable medical condition, although most physical limitations can be accommodated.

The program is designed for individuals who require more intensive psychiatric treatment than is provided in an outpatient setting and who, without this program, would require inpatient hospitalization.

Through group interaction and intensive therapy, professional counselors strive to maximize each participant's emotional and mental stability and independent lifestyle. Treatment is individualized and is directed by Medical Director of Psychiatric Dr. Jeuti Wylde.

Later years can be rich and rewarding. Persons who are struggling to cope, there is hope.

For additional information or for a free confidential assessment by a qualified mental health professional, call The Medical Centers' Behavioral Health Services at (812) 256-7483.

The Medical Center is located at 2200 Market Street, Charlestown.

People with disabilities wait years for accessible housing

The Courier-Journal
12-17-95

By BEN Z. HERSHBERG, Staff Writer

When 46-year-old Mary Goode was diagnosed with congestive heart failure last year, she felt sick in more ways than one.

Her physical limitations meant Goode would have to give up the Jeffersonville home in which she and her husband had invested more than $40,000. They had added a bathroom and made other improvements so that Russell Goode could get around after strokes paralyzed his left side in 1991.

Mary Goode, a double amputee, realized she could no longer manage stairs to the basement and the second floor.

But if she had known how difficult it would be to find an accessible new home in Southern Indiana, Goode might have felt even worse.

"We would drive past and drive past and drive past houses," Mary Goode said, recalling their 10-month quest for a new home. One had doors too narrow for Russell Goode's wheelchair. Another had steps that were too steep and too little yard space to install an entrance ramp. Others had bathrooms that couldn't easily be made accessible.

The Goodes' experience confirms findings of a report last spring that looked at housing for the disabled in New Albany — as well as what social-service workers and others say is true throughout Southern Indiana: Finding an accessible, affordable home here is often a long, frustrating process.

People may have to search for a year or more to find an accessible apartment, according to the report for the New Albany Redevelopment Commission.

In some city neighborhoods, 10 percent or more of the residents need help caring for themselves or getting around. That includes more than 14 percent of residents in the Central Business District; more than 13 percent in the Lillian Emery Elementary School neighborhood, north of downtown; and more than 10 percent who live near S. Ellen Jones Elementary School's inner-city neighborhood.

Given that the area's population is aging and already is older than the national average, the report says, the need for accessible housing will continue to grow, along with demand for medical and social services.

"The special-needs population has no outlet," said Barbara Anderson, community services director for the Hoosier Valley Economic Opportunity Corp. "The Department of Housing and Urban Development is cutting like crazy."

The federal agency oversees programs to subsidize housing for the disabled, but Anderson says funding is drying up, despite increasing need.

Cora Huffines, a case-management supervisor with the Southern Indiana Council for the Aging in New Albany, said she uses all the federal, state and private money she can find to help house and care for people with disabilities. Even so, she said, it

See ACCESSIBLE
Page 4, col. 1, this section

STAFF PHOTO BY PAUL SCHUHMANN

Russell and Mary Goode want more homes to be accessible to disabled people.

Accessible housing scarce

Continued from Page B 1

takes months to provide basics for disabled residents in Floyd, Clark, Harrison or Scott counties.

Finding a government-subsidized apartment with wide doors, high toilets and large shower stalls for someone using a walker or wheelchair can take years, Huffines said. There are bottlenecks both in obtaining funding and in the number of apartments available.

And if you find a home but need financial help to build a $2,500 to $3,500 wheelchair ramp, the wait is months long, said Pat Jewell, director of the Council for the Aging. State and federal money for such construction is limited, and charities get more requests than they can fill.

The shortage of accessible housing isn't just a problem for the elderly.

Timothy LaDuke, 36, has cerebral palsy and uses a wheelchair. The New Albany resident would like to share an apartment with another disabled person, said his mother, Muriel LaDuke. But the family hasn't been able to arrange for an apartment or for the care he'd need, even after than a decade of trying.

"There is not too much available now in this area," Muriel LaDuke said. And what has been built — including 21 group homes in southeastern Indiana operated by Res-Care Inc. — stays full or isn't suitable for all disabled people, LaDuke said.

"My idea is to get Tim situated so I can go on and help people care for Tim and help them understand what he needs," said Muriel LaDuke, who worries that after she and her husband die — she's 66; he's 70 — there will be no one to help. "That's been a big worry for me."

Sometimes, discouraged by the limited and declining help available from government agencies, LaDuke said, she's reduced to daydreaming about her son's future.

In the best of those dreams, a wealthy, charitable person learns about the needs of the region's disabled people and builds an accessible home where they are cared for with love, she said.

The report on New Albany's housing needs suggests something more down-to-earth than that dream: compiling a database of apartments that are accessible. Scott Wood, a city planner, already is compiling the list.

Wood said he also is working on a plan to meet federal requirements for providing access for people with disabilities.

The report also suggested that families work with the Arc of Indiana Master Trust, a not-for-profit group that helps families create trust funds to provide long-term care for people who need it.

It also recommends that the redevelopment commission publish a brochure telling builders about state and federal programs that offer incentives for constructing affordable housing for the disabled. Private builders also should be encouraged to build apartments for the elderly, it says.

Despite all those recommendations, the Goodes worry that the city is not working quickly enough.

They filed a complaint with the U.S. Justice Department last month alleging that New Albany hadn't done the planning required by federal legislation; that not all city departments are accessible to the disabled; and that other federal requirements have not been met.

City planner Carl Malysz acknowledged at a recent City Council meeting that New Albany hasn't met the federal requirements for planning and providing access for the disabled. But the city is working on the problem, Malysz said. He said the city plans to hire a full-time employee to focus more on those needs.

The Goodes believe more can be done without hiring experts or drawing complicated plans.

Homes and apartments often can be made accessible simply by choosing a large enough door or placing electric sockets and window latches where someone in a wheelchair can reach them, Mary Goode said.

"It's all the little things that nobody thinks of" that make a difference, Russell Goode said.

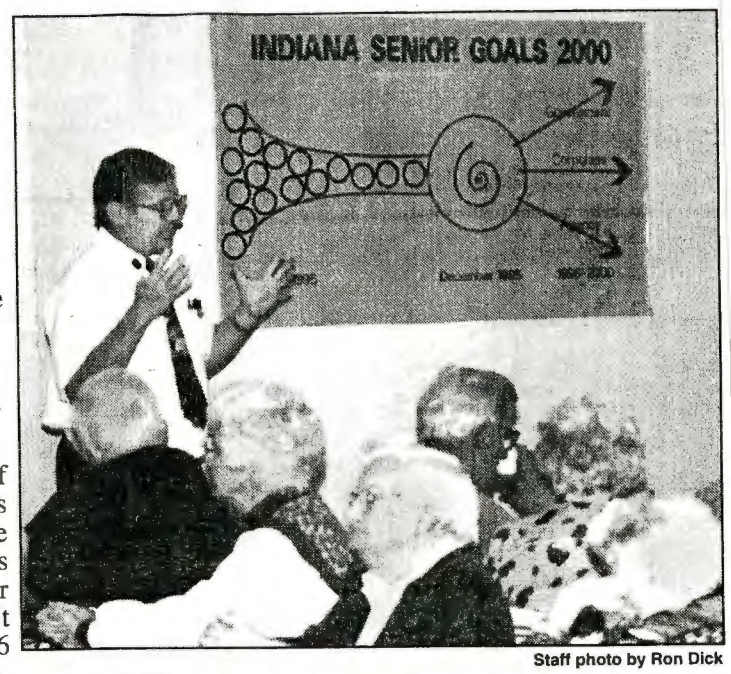
Seniors

Continued from Page 2

health care.

- Medicare and some proposed restrictions.
- Affordable housing.
- Nursing homes.
- Transportation.
- Supplemental insurance costs.
- Taxes.
- Funding senior services.
- Welfare reform.

The meeting was part of the Indiana Senior Goals 2000, a collaboration of nine statewide organizations working with and for Indiana's senior citizens. It sponsored a series of 16 regional meetings and a two-day statewide conference during the last quarter of this year.



Staff photo by Ron Dick

PAUL SEVERANCE, executive director of the Indianapolis-based interest group United Senior Action, gathered written concerns from the 50 senior citizens at the Ellis Center meeting.

The regional meetings and conference serve to establish a consensus on priority issues facing older Hoosiers and a commitment to work toward impacting those issues through the year 2000 and beyond.

The regional sessions were held in October and the state conference is scheduled for Indianapolis Dec. 5-6.

The nine sponsoring organizations include AARP, Indiana Association of Area Agencies on Aging, Indiana Federation of Older Hoosiers, Indiana State Council of Senior Citizens, National Association of Retired Federal Employees, Steelworkers Organization of Active Retirees, UAW Region 3, and United Senior Action.

Each group has been active in dealing with a variety of issues. By working together, they hope to have a greater impact on state, local and corporate policy decisions where senior citizens are involved.

Funding for the regional meetings and statewide conference is being provided by a grant from Eli Lilly & Company. The conference has been officially recognized by the White House Conference on Aging (WHCoA) and keynote speakers include WHCoA Executive Director Robert Blancato and Dr. Arthur Flemming, director of the Save Our Security Coalition.

Evening News 12/12/95

SENIOR NURSING STUDENT enrolled in the gerontology course at Indiana University Southeast and students from the R.N. organization recently gathered food donations for holiday baskets for needy se nior citizens. The project was in cooperation with the South Central Indiana Council for the Aging and Aged. Back to front in the photo are Glorina Trinkle, Paoli; Dara Lewis, Jeffersonville; Samantha Foster Jeffersonville; Mendi Carter, Floyd Knobs; Louise Suleiman, IUS professor emeritus of Nursing; and Amy Poole, Jeffersonville. Suleiman coordinated the project between IUS and the Council for Aging and Aged.

Corydon Democrat 12/13/95

Council for Aging conducting needs assessment survey for senior citizens

South Central Indiana Council for the Aging is seeking input from senior citizens, their families, and other interested individuals in the community by means of a Needs Assessment Survey.

The information gathered will assist in determining what services and programs will be funded and/or developed for 1996 to 1999.

The results of the survey will be shared at a public hearing Jan. 30 at the Ken Ellis Senior Center in Jeffersonville.

The Council for the Aging will present the FY'97 Area Plan For Aging Services at the hearing based on the results of the Needs Assessment Survey. The public is invited.

If anyone would like to be included in the survey, call Earlene Bennett, executive assistant at 1-812-948-8330, or pick up a survey form at the local library or the Ken Ellis Senior Center and Nutrition Sites.

United Way of Scott County Surpasses its Goal for 1995/96

Another successful campaign by the United Way of Scott County has been waged, with the county's pledge growth rate set at 14 percent by 1995/96 campaign chairman Donna Faris.

At the annual meeting held on Jan. 5, Mrs. Faris announced that the $225,000 goal was surpassed.

"We have raised $229,329 so far, which is 102 percent of our goal. In a year in which United Way averaged about a three percent increase nationwide, (Scott County) has once again continued our impressive record of growth," she said.

The 14 percent increase in growth could not have taken place without the work of many people, Mrs. Faris reminded the gathering.

"First, of course, are the donors. We appreciate every one of them, whether they give $1 per week through payroll deductions or thousands of dollars by checks," she said. "What matters is that the people of Scott County know the needs of this community, see how United Way works to meet those needs and then respond by supporting their United Way financially."

Mrs. Faris also recognized her division chairmen. These people, she explained, took large sectors and devised plans for reaching companies and individuals in their areas.

Division chairmen who served this year included Pam Barger, Kevin Collins, Scott Howser, Jack Kikta, Jim Railing and Steve Rumple.

In Mrs. Barger's public division, contributions were up 222 percent. Collins had the pacesetter division, which increased 61 percent. Kikta's industrial division went up 13 percent. The professional division headed by Railing increased 250 percent, and Rumple's major firms division went up 59 percent.

Other campaign volunteers Mrs. Faris recognized that evening were Ted Anderson, Earlene Bennett, Peggy Boley, Jill Byrer-Boley, Phil Bundy, James Caudill, Pam Colwell, Dianna Connor, Julie Cornett, Sue Cravens-Phillips, Sonia Davidson, Sandra Deputy, JoAnne Donne, Carol Ely, Lonnie Faris, Shirley Goble, Lisa Green, Debbie Heacock, Jon Hill, Cindy Howser, Steve Hucksteadt, Kenny Hurt, Kathy Jeffries, Sandra Johnson, Larry Keith, Norma Kendall, Jennifer Kennedy, Carol Kimberlin and Mike King.

Others who volunteered included Nila Law, Darrel Lewis, Leslie Means, Candy Meyer, Gordon Miller, Susan Moon, Pauline O'Shell, Cynthia Phillips, Michele Reed, Ruth Simpson, Todd Stewart, Michelle Sullivan, Roger Stutsman, Lisa Thomas, Lori Tice, Lisa Weddington, Wanda Whitaker, Julie Wilson, Bob Woodruff and Crystal Wooten.

Mrs. Faris presented several campaign awards to companies and organizations that showed significant growth in contributions.

Employee Achievement awards were accepted by American Plastics, Avco Financial Services, City of Scottsburg employees, Futures UnLimited, Home Federal Savings Bank, Morgan Foods Inc., Multi-Color Corporation, Scott County

(Continued on back page, this section)

United Way Surpasses Goal

(CONTINUED)

employees, Scott County Family YMCA, Scott County School Districts 1 and 2, the South Central Indiana Council on the Aging and Aged Inc., U.S. Can Co. and the Visiting Nurses Association of Southeastern Indiana.

Bank One, Bowater Communication Papers, Scottsburg Plastics and The Scott County State Bank received Employee Leadership awards.

Corporate Achievement awards were presented to Bank One, Cosco, King Machine Co., Scottsburg Building and Loan Association and Scottsburg Plastics.

Recipients of the Corporate Leadership award included Austin State Bank, Bowater Communication Papers and Home Federal Savings Bank.

In closing the meeting, Mrs. Faris once again thanked all donors and volunteers.

She said, "Without you, we wouldn't be able to provide the kind of quality health and human care services that have come to symbolize the work of the United Way of Scott County in its short history."

Scott Co Journal 1/96

THE COURIER-JOURNAL
SATURDAY, JANUARY 13, 1996
EDITOR: JEAN PORTER
PHONE: 948-1315 / FAX: 949-4041

INDIANA

Seniors rate hot lunch as most important service

By KATHERINE L. SEARS
Staff Writer

About 83 percent of senior citizens in four Southern Indiana counties who responded to a recent survey think that having a hot lunch delivered to their home is the most important service a local agency for the aging can provide.

Having a health aide come to their home to assist with bathing, dressing and grooming is second most important, while transportation to the doctor and nutrition centers ranks third.

Those sentiments were among those expressed in a recent needs assessment survey administered by the South Central Indiana Council for the Aging, which provides meals on wheels and home health services for senior citizens in Floyd, Clark, Harrison and Scott counties.

The council plans to use the survey results to formulate a plan for meeting the needs of local senior citizens, which it will forward to Indiana's Family and Social Services Administration. Similar surveys are conducted — and plans are developed — every three to four years as required by the Older Americans Act, passed by Congress in 1965.

Such information is critical in preparing for the future, say advocates for the elderly. A report released last fall by the Kentuckiana Regional Planning and Development Agency pointed out that the over-65 population in the seven-county KIPDA region, which includes part of Southern Indiana, will increase by 12 percent between 1990 and 2010.

The report portrays the aging trend as a "demographic roller coaster" that will "affect all aspects of society as we know it and will produce dramatic changes in the current delivery system."

The South Central Council has scheduled a public hearing on the survey results and its plan for addressing local needs at 10 a.m. Jan. 30 at the Ken Ellis Senior Opportunity Center, at 211 Martin Circle in Jeffersonville.

Most of those participating in the survey aren't clients, but were asked to rate 14 areas of service, said Pat Jewell, executive director of the South Central Council.

Besides the hot lunch, transportation and health aide efforts, the top-ranked services include providing case managers to assess individual needs and link senior citizens with community services; adult day care; information and referral; housekeeping; respite care, in which an aide temporarily relieves the primary caregiver; and congregate luncheons.

While the survey results didn't offer any great surprises, the South Central Council's response to those needs in 1996 may differ from previous years, Jewell said.

That's because the agency's $2.3 million budget has not increased over the past two years, and the prospect of further federal funding cuts may affect which services the agency can provide — or which it can provide for free, Jewell said.

"I don't think there are any programs that will come away unscathed," she said of Congress' upcoming budget decisions.

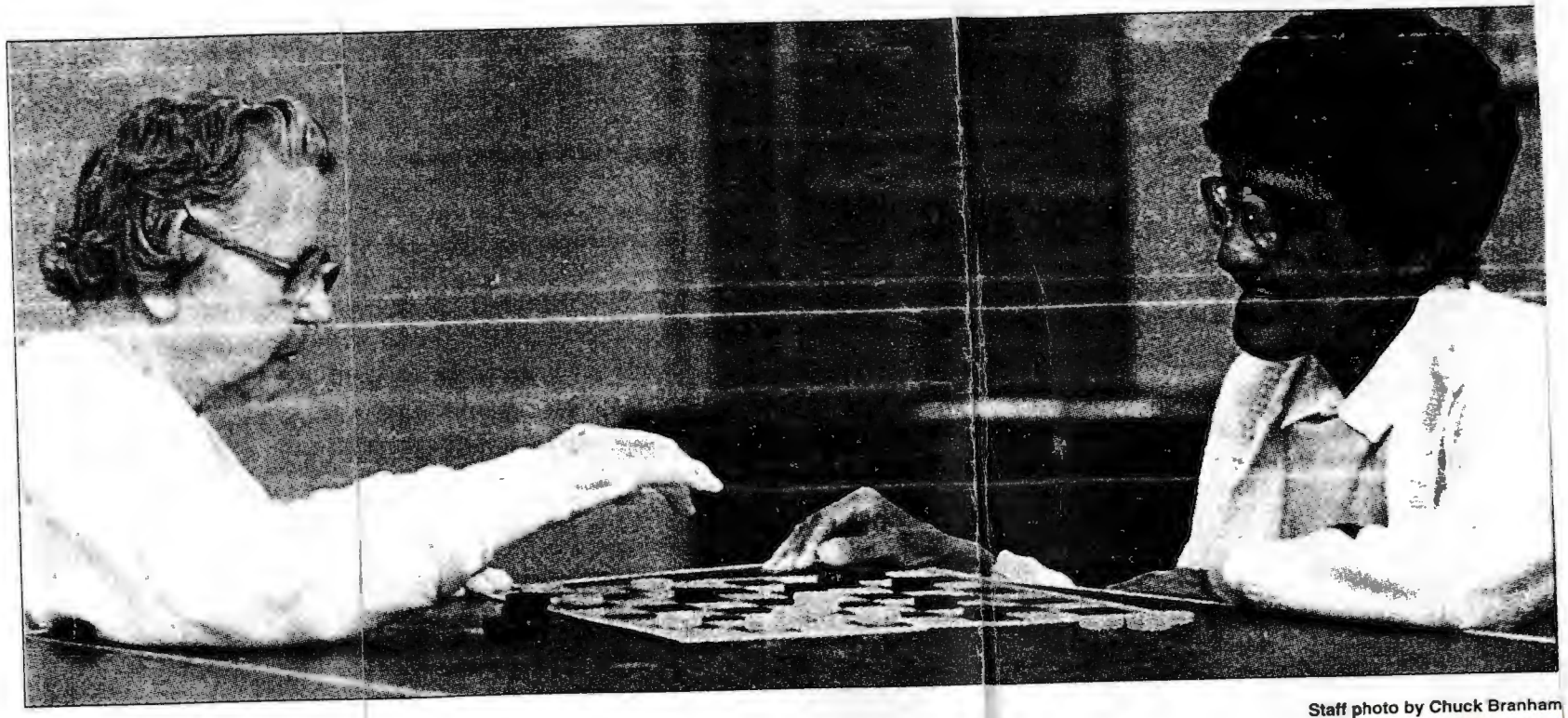
Geneva Shedd, deputy director of the state's Family and Social Services Division of Disability, Aging and Rehabilitative Services in Indianapolis, agreed, noting that agencies such as the South Central Council will have to find new ways to meet the needs of senior citizens in their communities.

About 60 percent of the agency's funding is federal money allocated to the state, which distributes the money via grants, said Sherrill Williams, the South Central Council's fiscal officer.

But in the past three years, the agency has held fund-raisers to help support its transportation services, Jewell said, adding that it plans to step up efforts to generate donations from its clients.

Along with that, Jewell hopes to find more volunteers for the agency's programs, including drivers to take senior citizens to the doctor. (The council pays for volunteers to obtain a commercial license, which is required for agency drivers.)

Meanwhile, Vickie Medlock, the agency's home health coordinator, said she hopes federal funding cuts don't affect her program, which has a seven-month waiting list. That shows that "there are a lot of unmet needs in our area," she said.



Staff photo by Chuck Branham

FACE OFF — Leona Hepp, left, and Carrie Mattingly sat down to a game of checkers yesterday afternoon at Jeffersonville's Ken Ellis Senior Center. Located on Martin Circle, the center offers a variety of activities for senior citizens throughout the week.

Council distributing assessment surveys

12-28-95

By JAY COURSEY ELLIS
Evening News Staff Writer

The South Central Indiana Council for the Aging is conducting a Needs Assessment Survey to determine what types of services should be funded and developed during the 1996-1999 time period.

Input from seniors and their families is requested to help delineate the boundaries of the plan the agency is formulating.

"Our agency has to prepare an area plan and along with that we have to get input from seniors on what services they would like to see in our area," said Earlene Bennett, executive assistant.

The agency which provides services to Clark, Floyd, Harrison and Scott counties sent out 2,000 survey forms and received about 200 replies thus far.

Transportation, home health care, homebound meals and respite care are usually the top priorities of senior citizens and it looks as though those priorities have not changed much since the last survey, she said.

Bennett said additional participants for the survey are welcomed.

"Seniors, family members and anyone interested in the community can participate," she said. "We'd love to have their input."

Survey forms can be picked up at public libraries, senior centers, nutrition sites, the main office at 426 Bank Street in New Albany or they can be mailed or faxed.

To request a 1995 Area Needs Assessment Survey form or information about the South Central Indiana Council for the Aging, call 948-8330.

Cupid hits his mark and couple makes the trip 'down the aisle'

Jan 1996

BY MARC MEYER
Golden Opportunities Editor

Love knows no age bounds.

Kenny Dickerson and Millie Jenkins proved that Cupid is just as accurate with his bow and arrow aimed at senior citizens as he is at targeting the hearts of the young.

This couple is a good example of being young at heart. Kenny and Millie are in their early 60s and they're as devoted as any couple could possibly be.

They were married in ceremonies at the Ken Ellis Center in Jeffersonville - the place where they met.

This was a traditional marriage, complete with a wedding party of best man and maid of honor and formal programs.

Staff photo by Ron Dick

SEALED WITH A KISS - This was the couple's first matrimonial kiss immediately following the ceremony at Ken Ellis Center. The wedding followed a nine-month courtship which began at the seniors' center in Jeffersonville.

Dickerson has terminal cancer and appropriately presiding at the exchange of vows and blessing of rings was Hospice chaplain Debbie Phillips.

Dwight Ashley sang "Amazing Grace" as the the attendees gathered for the ceremony. Greetings were given by Leona Hepp and the Lord's Prayer was recited in unison prior to the recessional.

Serving as best man was James Stearns and daughter of the bride was Jan Deprey.

With the ceremony being held one week before Christmas, the recessional was "Hark the Herald Angels Sing."

Kenny and Millie had been going together for nine months and decided to tie the matrimonial knot.

He was employed at the center as a maintenance man under the Older Americans Act, working 25 hours a week.

Millie was a regular at the center, participating in activities two or three times weekly, and that's how the two met.

They went on center-sponsored trips and saw each other on a regular basis.

It apparently was love at first sight. Dickerson had earlier lost his wife to cancer and Millie became his devoted companion. It was a natural match ... And the rest is history.

Golden Opportunities Jan '96

THEY JUST TIED THE KNOT - Millie Jenkins and Kenny Dickerson were married in ceremonies at the Ken Ellis Center in Jeffersonville. The couple, in their early 60s, met at the center and decided it was the appropriate place to exchange their wedding vows. (See Page 4).

Staff photo by Ron Dick

The art of Getting around

NEW ALBANY TRIBUNE 1/22/96

Lost funding worries local transportation service

By LAURELL SMITH
Tribune Staff Writer

Last Wednesday, 85-year-old Oscar Rhoads of Clarksville was happy to accept a boost from Ray Mattingly as he boarded the South Central Indiana Council for the Aging and Aged's van. Rhoads was being taken to a doctor's appointment in Louisville.

However, Roads was one of the fortunate ones to receive a ride that day. Many others who needed transportation were refused because of lack of funding for the service.

"We're turning people down in multiple numbers each week," said Patricia Jewell, the agency's executive director. "People have to make arrangements several weeks in advance, and still might not get a ride."

Recently, the agency sent out questionnaires to older residents living in Floyd, Clark, Harrison and Scott counties asking them to assess their needs. Transportation ranked third highest on their list of concerns. In-home meal delivery was first, followed by in-home health aid.

Transportation in Southern Indiana is a problem that affects everyone, young and old, Jewell said. The Southern Indiana Transit Advisory Group, which Jewell chairs, was established to attack the problem.

The group's mission is to educate people on the need for a comprehensive transportation system, and to work for the development of such a system.

New Albany City Councilwoman Letty Walter says development is in its early stage. SITAG is working with the Transit Authority of the River City to get buses on more streets. Needs include developing a bus route connecting the elderly who live in high rises to the malls, and routes linking low-income residents in housing projects to jobs at places like Ivy Tech.

More people need to ride the buses to show TARC executives that residents of Southern Indiana want their services, Walter said.

"People are completely uneducated about TARC. It's a question of re-educating people and letting them know how cheap and efficient it is to ride the bus," Walter said.

Cab service recently has been extended to Southern Indiana, but it's too expensive for people to take on a regular basis. There is particular concern about the elderly and the needy who may not have transportation to important appointments.

The situation wasn't always this critical, Jewell said. Ten years ago a

See Transportation, page 3

TAKEN FOR A RIDE – At top, Ray Mattingly helps 85-year-old Oscar Rhoads of Clarksville into his van. Above, the two men share a chuckle before Mattingly, at right, drives Rhoads to a doctor's appointment. (Tribune photos by Amy McCord)

Transportation woes for needy target of local agencies

From page 1

person who needed a ride could call the agency at any time. Over the years that gradually dwindled away to 24, 48 and 72 hours advance notice to get a ride. Now, it's a struggle to meet transportation needs, and even those who make arrangements weeks in advance aren't guaranteed a ride, Jewell said.

The agency gives first priority to people who need medical treatment such as chemotherapy, and to those who attend adult day care. Those who need transportation to routine doctor visits, or to the grocery store are considered next.

One reason for the increase of people who need transportation is the growth of outpatient treatment, Jewell said.

"There is this trend to outpatient treatment. People are getting outpatient treatment for chemotherapy ... and things that you used to have to stay in the hospital for," she said. "The (advances in medicine) have only escalated the problem in terms of not having adequate transportation."

"The network of support hasn't grown with the technology (in medicine)," she added.

They're hoping that volunteers will fill the void, but recruiting them isn't easy.

Matie Watts, the director of retired senior volunteers program at Interfaith Community Council, says there is a need for volunteers who are willing to drive. But volunteers are scarce because people are either afraid of being sued or wary of driving strangers.

"It's reflective of society today." she said. "There isn't that element of trust anymore."

Those who do volunteer say it's rewarding.

Elizabeth Munchhof of Clarksville says she doesn't make a habit of picking up strangers, but some situations call for a break in tradition.

While volunteering at the Metro United Way, Munchhof overheard a conversation between an employee and a blind elderly woman who needed transportation to a doctor's appointment and to the grocery store.

After hearing the woman's distress, Munchhof offered to give her a ride.

"I thought 'Wow, let me think about that. This woman is legally blind and elderly,'" she said.

"It's so sad to think that people have nobody. I can't imagine how horrible that would be," added the 76-year-old retiree.

Irene Riley is always on the go with passengers that she takes to bingo, the grocery store, or to the doctor. Sometimes she has to sacrifice doing household chores to drive people. But it's worth it, she says.

"I go all kinds of places, anytime. Any time there is something to do, I have a carload. People joke and tell me I ought to buy a van," said Riley who owns a 1991 Mercury Topaz.

The need for volunteers is critical at the Council on Aging and Aged. Jewell says the agency is willing to train people and to pay for the public passenger license required to drive the van.

"We have at least one van sitting idle. We would love to have somebody drive one of our vehicles," she said.

To make the effort efficient, Jewell asks that volunteers commit to at least three hours each day they volunteer, and for at least six months.

For information, contact Earlene Bennett, the executive assistant for the council at 948-8330.

Seniors rate hot lunch as most important service

Courier-Journal
1-13-96

By KATHERINE L. SEARS
Staff Writer

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Besides the hot lunch, transportation and health aide efforts, the top-ranked services include providing case managers to assess individual needs and link senior citizens with community services; adult day care; information and referral; housekeeping; respite care, in which an aide temporarily relieves the primary caregiver; and congregate lunches.

While the survey results didn't offer any great surprises, the South Central Council's response to those needs in 1996 may differ from previous years, Jewell said.

That's because the agency's $2.3 million budget has not increased over the past two years, and the prospect of further federal funding cuts may affect which services the agency can provide — or which it can provide for free, Jewell said.

"I don't think there are any programs that will come away unscathed," she said of Congress' upcoming budget decisions.

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But in the past three years, the agency has held fund-raisers to help support its transportation services, Jewell said, adding that it plans to step up efforts to generate donations from its clients.

Along with that, Jewell hopes to find more volunteers for the agency's programs, including drivers to take senior citizens to the doctor. (The council pays for volunteers to obtain a commercial license, which is required for agency drivers.)

Meanwhile, Vickie Medlock, the agency's home health coordinator, said she hopes federal funding cuts don't affect her program, which has a seven-month waiting list. That shows that "there are a lot of unmet needs in our area," she said.

Golden Opportunities, Jeffersonville, Ind., Tuesday, Jan. 16, 1996 3

Seniors' needs : Input sought

By JAY COURSEY ELLIS
Golden Opportunities Staff Writer

The South Central Indiana Council for the Aging Inc. is conducting a Needs Assessment Survey to determine what types of services should be funded and developed during the 1996-1999 time period.

Input from seniors and their families is requested to help delineate the boundaries of the plan the agency is formulating.

"Our agency has to prepare an area plan and along with that we have to get input from seniors on what services they would like to see in our area," said Earlene Bennett, executive assistant.

The agency which provides services to Clark, Floyd, Harrison and Scott counties sent out 2,000 survey forms and received about 200 replies thus far.

She said she expects a 30 percent response.

Transportation, home health care, homebound meals and respite care are usually the top priorities of senior citizens and it looks as though those priorities have not changed much since the last survey, she said.

"It's basically been the same as previous years," she said.

By reason of the growth of the aging population the agency has a steady flow of applicants.

"The agency receives new referrals on a daily basis and we have a waiting list for assessments," she said.

Bennett said additional participants for the survey are welcomed.

"Seniors, family members and anyone interested in the community can participate," she said. "We'd love to have their input."

Survey forms can be picked up at public libraries, senior centers, nutrition sites, the main office at 426 Bank Street in New Albany or they can be mailed or faxed.

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Agency for aging must meet service demands while funding falls

Courier Journal 1-31-96

By KATHERINE L. SEARS
Staff Writer

Needs are up, funding is down and the future offers more of the same.

That was the message heard by nearly two dozen senior citizens who turned out for a public hearing yesterday at the Ken Ellis Senior Center in Jeffersonville to hear the South Central Indiana Council for the Aging's two-year plan for services.

The audience learned that a surging demand for services, coupled with expected cuts in federal funding, may result in the council's relying more and more on contributions from them and other clients.

The council also thinks it will need to do a better job of recruiting volunteers to deliver meals or drive seniors to various appointments.

Yesterday's hearing, also attended by representatives of service-provider agencies and council staff, board members and volunteers, culminated a survey the council conducted in Clark, Floyd, Harrison and Scott counties to determine older people's service priorities.

Topping the list were home-delivered meals, home health aides, and transportation to medical appointments and nutrition centers. Surveys were sent to about 2,000 people; about 15 percent responded.

Although an increasing number of people are seeking those kinds of services, South Central's $2.28 million budget hasn't risen in two years, Executive Director Pat Jewell said. Currently, about 60 percent of that budget involves federal money allocated by the state.

The increased demand has already forced the council to come up with fund-raisers.

For example, the council feeds an average of 700 senior citizens a year. A mass mailing last year brought in $8,000 to feed 1,000 more on Thanksgiving and Christmas.

Among the programs already hurting is the council's homemaker service, which took a $56,000 cut in state funding this year. Because of the cutback, 100 of the 300 participants were eliminated from the program, which provided light housekeeping for those unable to do it themselves.

Dorothy Richard, 72, was among those who lost that service, and she attended yesterday's hearing to find out how she could get it back.

Richard said she has a degenerative spine ailment and risks injury to her hip if she should fall while cleaning.

"It has me terrified to run the sweeper," said Richard, who lives in Jeffersonville's Claysburg Towers.

Jewell said after the hearing that the homemaker participants are assigned by need but that Richard's case will be re-evaluated.

Meanwhile, there are waiting lists for the transportation and in-home health aide programs, Jewell said.

"We've got to capture the recent retirees who are in good health to provide . . . volunteer services," she said, adding, however, that the council doesn't have the money to hire a volunteer coordinator.

Mattie Simpson, 61, who is a member of the council's advisory board, said she wishes she could encourage more people to contribute to local agencies like the council.

"It would be better to donate to these things" than to charities outside the community, she said.

Courier Journal 1/31/96

Staff Photo by MARTY RANDALL

Sue Cravens-Phillips, left, chief operating officer, and Cliff Nay, executive director, accept an award on behalf of Scott Memorial Hospital from Sheila Modica, nutrition director for the South Central Indiana Council for the Aging and Aged Inc. The plaque was presented to thank the local hospital for its participation and support of the council's 1995 Thanksgiving Day meals delivery to elderly shut-ins in Scott County.

Scott Co Journal 2/3/96

Feb. 14, 1996
The BANNER GAZETTE

Helping Hand Program Begins

The Helping Hand program began on Feb. 1. This program is sponsored by PSI Energy and is administered by the Salvation Army. The program offers financial assistance, up to $30 per application for a maximum benefit of $90, to low income elderly, age 60 and over, and/or disabled to help pay electric bills.

To be eligible applicants must:

1.) Be residential customers of PSI Energy with responsibility for paying their own electric bills.

2.) Be 60 years of age, disabled or in severe financial hardship due to an unexpected crisis that leaves the household with a reduced income or increased expenses such that existing resources are insufficient to pay their electric bills. Examples of crisis include, but are not limited to, job loss, serious illness or medical emergency.

3.) Have a total annual household income of no more than:

UNDER 60

NUMBER IN HOUSEHOLD	ANNUAL	MONTHLY
1	$9,338	$778
2	12,538	1,045
3	15,738	1,311
4	18,938	1,578
5	22,138	1,845
6	25,338	2,111
7	28,538	2,378
8	31,738	2,644

OVER 60

NUMBER IN HOUSEHOLD	ANNUAL	MONTHLY
1.	$11,205	$934
2.	15,045	1,245
3.	18,885	1,574
4.	22,725	1,894
5.	26,565	2,214
6.	30,405	2,534
7.	34,245	2,854
8.	38,085	3,174

* Each additional member add $3,200 for those under 60 and for those over 60 add $3,840.

Applications will be taken during the months of February, March and April. Eligible applicants are to call for appointments where necessary and bring their unpaid electric bill and proof of income (check stubs, W-2 forms, Energy Assistance approval, direct deposit, bank statement, etc.) when applying each month. Applications will be taken at the following locations until April 30, 1996:

FLOYD COUNTY

Hoosier Valley EOC, 426 Bank St., Suite 300, New Albany, Ind. 47150. Freda Hunter-Hammonds, 949-6271. Monday through Friday 9:30 to 11:30 a.m. and 1:30 to 3 p.m.

Family Service Bureau, 2818 Grant Line Road, New Albany, Ind., 47150. Mary Ann Carnighan, 944-6120. Monday through Friday call for appointment.

CLARK COUNTY

Hoosier Valley EOC, 1613 East 8th St., Jeffersonville, Ind., 47130. Outreach, 288-6451. Monday through Friday 9 a.m. to 3 p.m.

HARRISON COUNTY

Hoosier Valley EOC, P.O. Box 308, West Walnut St., Corydon, Ind., 47112. Betty Fessel, 738-8143, Monday through Friday.

SCOTT COUNTY

Ohio Valley Opportunities, Broad Lane Trailer Park, Scottsburg, Ind., 47170. Pat Amos, 752-3146, Monday through Friday.

Council for the Aging, 426 Bank St., Suite 100, New Albany, Ind., 47150. Earlene Bennett, 948-8330, Monday through Friday 9 a.m. to 4 p.m.

Happenings At The Ken Ellis Center

Tribune 2/21/96

February, a great time to start planning an escape from winter with the Ken Ellis Senior Center. We have some great tours coming up, and we need you to come and enjoy them with us.

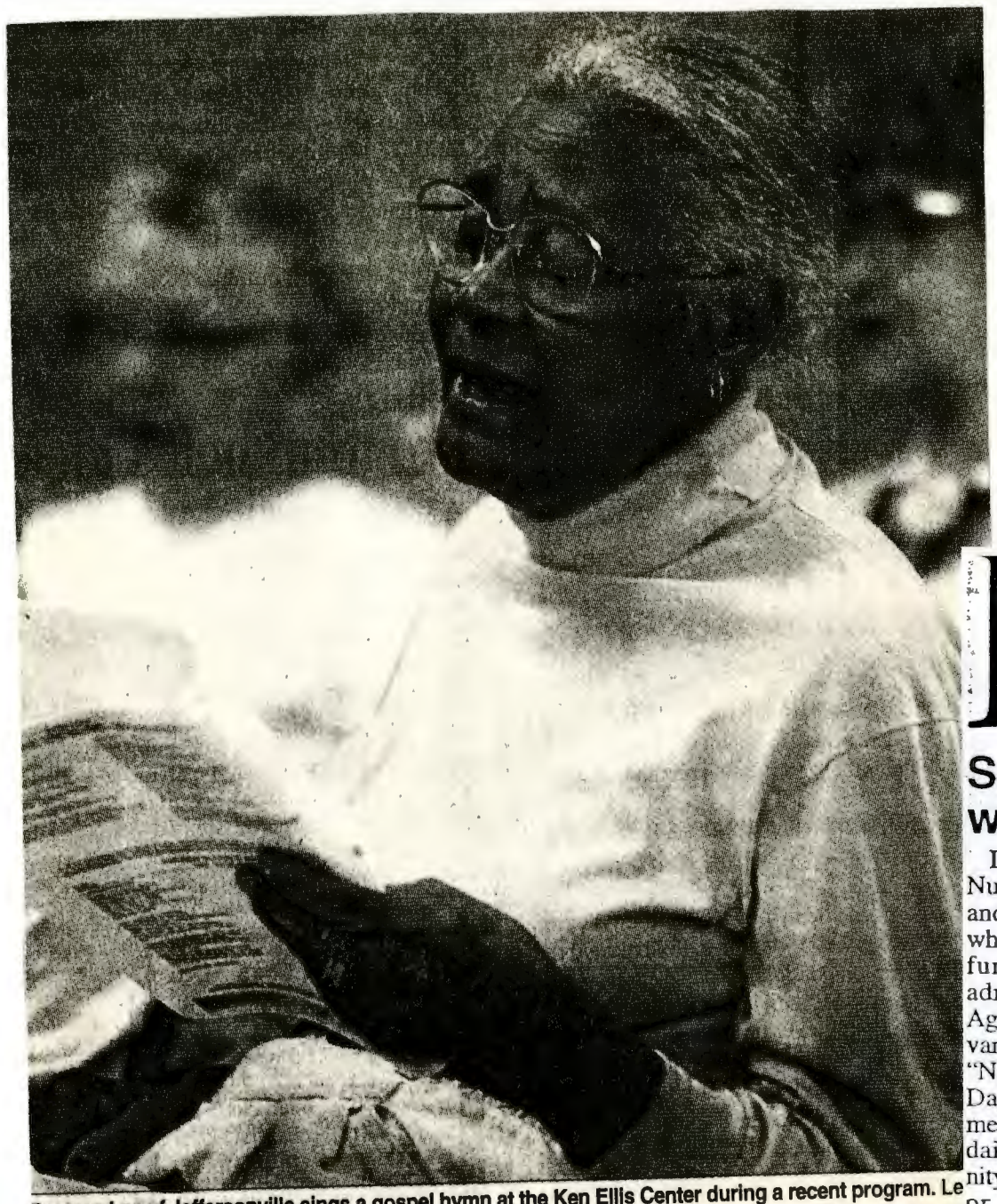
If you like to have a great time, come with us on the Ohio Amish Tour and a tour of Longaberger Baskets. The tour takes us to Wooster, Dover, Sugar Creek, Wilmot and Zanesville, Ohio. See cheese being made and the largest Cuckoo Clock. May 6th, 7th, 8th for $147.00 Double occupancy.

June 10th, 11th, 12th, 13th 14th to Branson, MO. Showtime 5 days, four music shows. Lawrence Welk and The Lennon Sisters, Roy Clark and Osmond Family, The fabulous Wayne Newton. Shop in "Ole Branson", and in Springfield at the Bass Pro Shop outdoor World. Double occupancy $300.00.

If you want good fellowship, come Cross Stitch with us or sing in our Choir. We have Bingo every Tuesday and Thursday. Our next Monthly Dinner will be March 21 with Les Broeker "Leave Some Blue Up Above". Bring a dish, and come join in the fun.

Join The Crowd!! Shoppers Tour March 8th. Dee's Crafts and The Mall St. Mathews. Flea Market on Friday, March 1st. $3.00.

For More information call Sue Johnson at 283-7356.



Frances Lee of Jeffersonville sings a gospel hymn at the Ken Ellis Center during a recent program. Le who also sings in her church choir, said, "I like to sing!"

STAFF PHOTO BY CHUCK BF

Evening News 2/12/96

Nutrition

South Central Indiana Council for Aging and Aged will host Nutrition Awareness Day March 27

In celebration of "National Nutrition Month," the elderly and Hoosiers with disabilities who participate in the federally funded nutrition programs administered by the 16 Area Agencies on Aging will enjoy a variety of ethnic meals during "National Nutrition Awareness Day." Approximately 16,500 meals are prepared and served daily at community nutrition sites or delivered to homebound individuals. The Area Agencies on Aging receive $18 million annually from the Family and Social Services Administration for nutrition programs.

On Feb. 27, Governor Evan Bayh proclaimed the week of March 25-29 as "Nutrition Awareness Week" in Indiana. This effort is sponsored by the Indiana Family and Social Services Administration and the Indiana Association of Area Agencies on Aging to underscore the significant role nutrition plays in maintaining good health.

The South Central Indiana Council for the Aging, and Aged Inc. will be hosting Nutrition Awareness Day on March 27 in Clark, Floyd, Harrison and Scott counties. The theme this year will be "A World of Exciting Ethnic Food Choices." Local dietitians and Cooperative Extension educators from Clark Memorial Hospital, Purdue University Cooperative Extension, Floyd Memorial Hospital, Harrison County Hospital and Scott Memorial Hospital will be providing expertise incorporating healthy ethnic food choices into meal planning.

Festivities are to begin at approximately 11:30 a.m. In conjunction with the theme, "Your Passport to Italy" will provide an Italian menu and entertainment at most locations. The locations in Clark and Floyd counties are:

Clark: Buckner Lodge #631, 835 E. Utica, Sellersburg, IN (812) 246-1807; Yellowwood Terrace, 2100 Greentree North Clarksville, IN (812) 282-1435

Floyd: Mark Elrod Towers #1 Wolfe Trace, New Albany IN (812) 945-8861.

"Nutrition intervention is the most cost-effective way of preventing, treating and managing chronic and acute health problems," said Sheila Modica Nutrition Director. "Educating People that ethnic foods can be healthy and encouraging them to try unfamiliar foods will lead to increase variety in their diets."

Reservations can be made by calling the above locations. Meals will not be available to anyone without a reservation. Persons interested in learning more about the Elderly Nutrition/Meals On Wheels Program, location of nearest site or possible volunteer opportunities may call the South Central Indiana Council for the Aging, (812) 948-8330.

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NEW ALBANY

Woman will be honored for helping the elderly

Thelma Bertrand won't listen to 'no'

By KATHERINE L. SEARS
Staff Writer

Twenty-three years ago, with no guarantee of federal funding, Thelma Bertrand of New Albany persuaded a handful of local businesses, including a caterer, to participate in Indiana's first nutrition program for the elderly.

It was a feat typical of Bertrand's style, say those who know her best. People marvel at her energy and her zest in taking on a host of projects to help her fellow senior citizens.

"She won't take 'no' for an answer. I think she's on a mission to help as many people as she can before she goes to heaven," said Dr. Maurice John, medical director of the John-Kenyon Eye Center in Jeffersonville.

Ten years ago Bertrand persuaded John to participate in and help sponsor the Senior Games, an annual event of Olympic-style competitions for older people.

Today Bertrand will be recognized, along with five Louisville women, for her accomplishments in improving the lives of senior citizens. The honor will come during the Center for Women and Families' annual Celebration of Service dinner at Louisville's Galt House East.

The event, meant to honor women 60 and older who've spent years devoting themselves to civic and social services, is one of the center's major fund-raisers, said Phil Miller, spokesman for the center, which helps victims of domestic violence.

The center's board of directors selected Bertrand because, like the others being honored, she serves as a symbol of empowerment to other women, Miller said.

"These women were pioneers in a lot of things they did," Miller said, describing Bertrand as "infectiously enthusiastic. She has a knack for recruiting others."

Aside from serving as the first director of the South Central Indiana Council on Aging, which provides nutrition programs and other services to senior citizens, Bertrand's accomplishments include founding the first Retired Senior Volunteer Program for Floyd and Clark counties;

See WOMAN'S Page 2, col. 3, this section

STAFF PHOTO BY PAUL SCHUHMANN

Thelma Bertrand worked on a crafts project recently in New Albany. Bertrand is being honored for her energetic efforts in helping fellow senior citizens in many different ways over the years.

Woman's work brings honor

Continued from Page B 1

initiating Senior Games; serving as president of Indiana's chapter of the American Association of Retired Persons and being a member of its legislative committee; and leading the Senior Angel Tree program, which helps provide Christmas gifts for older people who are shut-ins or who live in nursing homes.

Bertrand credits other people, including Paul Bertrand, her husband of 48 years, with helping her achieve those goals. She joked that she cries a lot to persuade others to offer their time for her humanitarian causes.

"I give one of these little pitiful looks, and they feel sorry for me," she said with a laugh.

Bertrand, who wouldn't tell her age, said she started helping others while growing up in rural Greenville during the Depression.

Bertrand's father, John McKown, became ill after serving in World War I and died when she was 16. Her mother, Velva Martin, was known as a good Samaritan who regularly made buckets of soup for families suffering illnesses or financial crises.

"She really set an example for me," Bertrand said.

She also credited her humanitarian spirit to lessons learned from her uncle, Robert True, who owned a general store on U.S. 150 and often gave extra food to the needy.

After attending New Albany Business College and Indiana University Southeast, Bertrand worked at Robinson-Nugent. She and her husband have two daughters, Susan Espeseth, 46, of Princeton, W.Va., and Carol Gibson, 43, of Greenwood.

Paul Bertrand describes his wife as "just a wonderful person."

But Thelma Bertrand says she's just a good saleswoman, something she learned when she started the area agency on aging and first nutrition program under the Older Americans Act. President Richard Nixon had not yet signed the bill that approved funding for the program, but that didn't stop Bertrand. She easily sold businesses and churches on the fact that the community's seniors needed it.

"God gave me a chance. No one was smart enough to run a program like that alone," Bertrand said. "You really have to have help."

THE COURIER-JOURNAL
WEDNESDAY,
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Banner Gazette March 20 1996

Nutrition Awareness Week to Highlight Ethnic Foods

In celebration of "National Nutrition Month", the elderly and Hoosiers with disabilities who participate in the federally funded nutrition programs administered by the 16 Area Agencies on Aging will enjoy a variety of ethnic meals during "National Nutrition Awareness Day". Approximately 16,500 meals are prepared and served daily at community nutrition sites or delivered to homebound individuals. The Area Agencies on Aging receive $18 million annually from the Family and Social Services Administration for nutrition programs.

On February 27, Governor Evan Bayh proclaimed the week of March 25-29 as "Nutrition Awareness Week" in Indiana. This effort is sponsored by the Indiana Family and Social Services Administration and the Indiana Association of Area Agencies on Aging to underscore the significant role nutrition plays in maintaining good health.

The South Central Indiana Council for the Aging Inc., will be hosting Nutrition Awareness Day on March 27 in Clark, Floyd, Harrison and Scott Counties. The theme this year will be "A World of Exciting Ethnic Food Choices." Local dieticians and Cooperative Extension educators from Clark Memorial Hospital, Purdue University Cooperative Extension, Floyd Memorial Hospital, Harrison County Hospital and Scott Memorial Hospital will be providing expertise incorporating healthy ethnic food choices into meal planning.

Festivities are to begin at approximately 11:30 a.m. In conjunction with the theme, "Your Passport to Italy" organizers will provide an Italian menu and entertainment at most locations. The location in each county is as follows:

Floyd County
Mark Elrod Towers
No. 1 Wolfe Trace
New Albany, IN
(812)-945-8861

Clark County
Buckner Lodge No. 631
935 E. Utica
Sellersburg, IN
(812)-246-1807

Scott County
Austin Senior House
92 Broadway
Austin, IN
(812)-794-4212

Clark County
Yellowwood Terrace
2100 Greentree North
Clarksville, IN
(812)-282-1435

Harrison County
New Salisbury
United Methodist Church
Highway 135 North
New Salisbury, IN
(812)-347-2660

"Nutrition intervention is the most cost-effective way of preventing, treating and managing chronic and acute health problems," said Sheila Modica, nutrition director.

Reservations can be made by calling the aforementioned locations: Meals will not be available to anyone without an reservation. Persons interested in learning more about the Elderly Nutrition/Meals on Wheels Program, location of nearest site or possible volunteer opportunities may call the South Central Indiana Council for the Aging at (812)-948-8330.

Two Council for Aging volunteers win state honors

From Staff Reports

Two employees of the South Central Indiana Council for the Aging and Aged Inc. were honored for their dedication at an awards presentation at the agency's conference room in New Albany.

Maxine Spurgeon and Kenneth Sizemore received the State Spotlight Award at ceremonies conducted jointly by the Family and Social Services Administration and the Indiana Commission on Aging.

Spurgeon was selected as recipient of the coveted award for the fourth quarter of 1994-95, while Sizemore was the winner of the first quarter of fiscal year 1996.

Spurgeon, a 21-year employee of the Council, embodies the theme of the fourth-quarter, "Commitment to Excellence," saidH Pat Jewell, Council executive director.

The Sellersburg resident has advanced from van driver to dispatcher/coordinator. In her position, she supervises van drivers, schedules medical appointments and other trips for senior citizens, answers telephone information requests and coordinates vehicle maintenance.

She also accounts for daily client donations and is currently involved in a campaign to increase contributions.

In addition, she oversees a senior center located in the building that houses the transportation program.

Running transportation for Senior Games is one of the toughest challenges of Spurgeon's job. She sees to it that hundreds of seniors from four counties arrive on schedule at the right venues in six days of competition, health fairs and opening and closing ceremonies.

She makes it all happen with relative ease, even for concurrent events.

"Spurgeon's co-workers like and respect her for her work ethic, honesty, caring attitude, resourcefulness and reliability," said Jewell. "Whatever needs doing to keep the wheels rolling, she does, be it driving a van, covering for a sick employee or making alternative arrangements for getting dialysis patients to treatment when heavy snow has kept vans off the roads.

"Her personal commitment to excellence for the transportation program has won her renown in the community for providing a quality service to senior citizens," Jewell said.

The Area 14 Council receives a grant of $1.7 million to provide services for the aging and for persons with disabilities in Clark, Floyd, Harrison and Scott Counties.

The first-quarter award theme is "Going the Extra Mile,' which immediately brought Sizemore to mind among agency staff.

Sizemore, a driver for the Council on Aging, missed only two days of work in 11 years and is known as a team player who continually exceeds expectations. Recently, upon arrival at a client's home, Sizemore could not get a response, but noticed newspapers had accumulated in the yard.

He reported the situation to the dispatcher who called 911. The client was found on the floor with a broken hip for which she was hospitalized. He continues to check on her as she recuperates.

When heavy snow hit the area in 1993, Sizemore trudged through 17 inches of of the white stuff, without complaints, to deliver meals to homebound clients.

He has chosen annually to participate in holiday season delivery of food baskets to needy individuals and assists the agency with the Senior Citizens Angel Tree project which provides gifts for low-income seniors.

Sizemore is always chosen when there is a special transportation assignment, literally "going the extra mile." He also substitutes for the program coordinator/dispatcher when she is off work.

The Family and Social Services Administration funds the South Central Council on Aging and Aged Inc to provide a wide array of services, resources and activities for seniors in Clark, Floyd, Harrison and Scott Counties.

Staff phoyo by Tim Goebel

SPOTLIGHT AWARD WINNERS Maxine Spurgeon and Kenneth Sizemore were joined at the presentation ceremonies by, front row from left, Donna Greenhill, president of the Council for Aging board of directors; and Pat Jewell, executive director; and back row, from left, board member Blake Burns, Indiana Commission on Aging representative Jim Goen, and board members Sandra Lewis and Dean Scott.

19

Senior says 'volunteers are healthier, happier, live longer'

BY CEIL SPERZEL
Assistant RSVP director

Rose Stengel enjoys helping people. "I always promised God that I would work for Him after I retired and that's exactly what I'm doing. I guess because I told Him that, He put me where He wanted me." He must have wanted her to stay busy.

Rose and a friend deliver meals two days a week to elderly shut-ins. They've been at it since 1988. She likes it because she's "one-on-one" with the people she's helping.

"They look forward to seeing us as much as that meal. They give you such a good feeling about what you're doing. I really enjoy that."

She has been surprised that "sometimes you see people that you've known, that you would never think would need a meal. I guess we never know when we're going to need a meal ourselves."

Once a week, Rose visits and serves communion to what she describes as "the sweetest older couple you ever saw." She says they're "close, helpful and kind" and you don't see these things until you get out and visit people in their homes.

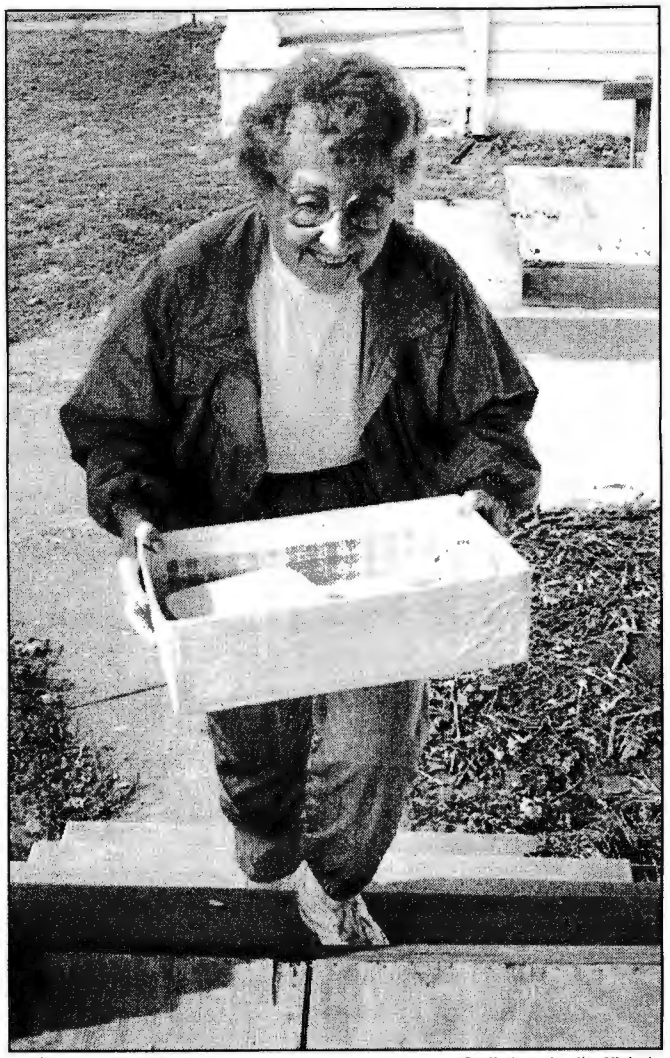
The experience of visiting a nursing home resident weekly taught her that "you don't have to stay long; a short visit means a lot. Their eyes light up so."

Whether she's delivering hot lunches to shut-ins, communion or even dinner to an elderly neighbor, she finds the people to be inspirational.

Rose also helps the Clark County Red Cross when it has bloodmobiles. Six years ago, when the bloodmobile came to her church, she noticed there was a shortage of personnel and volunteered to fill in. She really enjoyed it and started helping at other bloodmobile sites, such as the Census Bureau and Clark Memorial Hospital.

She works in the "canteen," serving drinks and snacks to donors. But she thinks her most important job is to watch donors for ill effects and tell the nurse if she sees any.

Rose is a member of Sacred Heart Catholic Church in Jeffersonville. Several years ago, she joined a group of women that helps with upkeep of the sanctuary. Among other things, they sweep, dust, polish candleholders and care for the plants and the altar area. She joined this group for the same reason she got involved in her other pursuits: she could see that they needed help.



Staff photo by Jim Nichols

ROSE STENGEL volunteers at the Clark Arms nutrition site, delivering meals to the elderly and shut-ins. Here she brings lunch to a Jeffersonville resident.

In 1988, Rose joined the Retired and Senior Volunteer Program. She has been asked to do occasional jobs such as helping United Way of Clark County with clerical tasks and working at the Angel Tree.

Unbelievably, Rose doesn't think she does very much. According to RSVP Director Matie Watts, "that is a common theme among those who volunteer. They always think others do so much more. In truth, Rose spends most of her days helping others."

Rose had some knee surgery recently which caused her to take a break for a couple of weeks. She hated it. She acknowledges that given the limits of her health, she does as much as she can do.

She wants it known that more volunteers are needed, especially at the nutrition sites, to help fill in when others must miss. "If somebody would like to give their time, it would be gratifying, I'm sure."

She also thinks people don't understand that volunteers get as much out of the activity as the people they help. She says, "I'd always heard there are three things with volunteering: you live longer, you're healthier and you're happier. I've certainly found that to be true."

Why do people volunteer?

This question was answered by several persons in the Retired and Senior Volunteer Program's latest newsletter and here are some of the replies:

"I volunteer because if I stay home, I get in the refrigerator too much. Seriously, if I don't do something, I feel like I'm not contributing anything. It makes you feel good to contribute." - **Vivian Guyer**, Floyd County.

"I enjoy doing it. Of course, I get more out of it than the help I give. I do it for my own personal satisfaction. I like to be of help." - **Jim Zoeller**, Floyd County.

"I volunteer because I feel that it is an unequaled opportunity for a gratifying, stimulating experience that gives one a sense of accomplishment. I've discovered it is also a continual learning situation." - **Diane Miller**, Harrison County.

"I volunteer because I just like to help other people." - **Gladys Blankenbaker**, Scott County.

If you would like to find out more about volunteerism, contact RSVP, 702 E. Market Street, New Albany, 948-1815

Dollars for Meals On Wheels

Babe Munchhof, second from left, holds a $500 check she presented to the South Central Indiana Council on Aging and Aged for their Meals On Wheels program. She recently received a Jefferson Award, sponsored by the Indianapolis Star, and the check was part of her award, which she decided to give to Meals On Wheels as her favorite charity. Also pictured are (from left): Sheila Modica, nutrition director for the council; Munchhof; Barbara Chrecelius, president of the advisory council; and Matie Watts, RSVP director. (Tribune photo by Laurell Smith)

4/29/96

Health experts promote Nutritional DISCovery

The Tribune, Wednesday March 20, 1996

By LAURELL SMITH
Tribune Staff Writer

In observance of National Nutrition Month health experts at Jewish Hospital and Information Centers, and the South Central Indiana Council for the Aging and Aged are sponsoring programs to underscore the significant role nutrition plays in maintaining good health.

Earlier this month, Jewish Hospital began offering a program called Nutritional DISCovery, which is an interactive CD-ROM that analyzes a person's diet.

Debbie Landers, manager of Health Information at Jewish, said the CD-ROM is the focus of a pilot program being offered for the first time in the nation. It's free and available to the public at Jewish's four health centers.

"Its a way to educate yourself on where you are nutritionally," Landers said.

Landers said this new program is much more accurate than dietary analysis used in the past.

Nutritional Discovery, which is sponsored by Mead Johnson Nutritionals, leads the user

Nutrition focus of Jewish Hospital program

From page 1

through a virtual reality grocery store while a voice requests information about foods the user typically eats and about lifestyle habits that usually affect the user's nutritional status.

Food items are organized in categories much like the aisle of a grocery store. The user is also asked about meals eaten in restaurants.

At the end of the 60 to 90 minute session the computer generates a personalized nutrition profile which compares the user's individual nutritional intake to national averages.

Staff and a registered dietician are on hand to offer advice on how to improve eating habits for long-term good health. "While many people are aware of the important link between a nutritious diet and good health, they may not be aware of the nutrients their bodies need, especially vitamins and minerals," said Leah Bennett, a registered dietician at Jewish.

In honor of National Awareness Week, the Council for the Aging will host a nutritional awareness day next Wednesday. This year's theme is "Your Passport to Italy," with local dieticians focusing on ways to include healthy ethnic foods into your meal plan.

"A lot of elderly people don't know that ethnic food can be healthy if fixed right and not eaten in mass quantities," said Shiela Modica, nutrition director at the Council. "Most of them eat meat and potatoes rather than spaghetti and meatballs, Chinese or Mexican."

The Council's 16 agencies will offer a variety of ethnic foods for the elderly and disabled participants of the program, prefer it to other ethnic foods Monica said.

The agency wants to teach people how important nutrition is to their health, Modica said. "Nutrition intervention is the most cost-effective way of preventing, treating and managing chronic and acute health problems," Modica said. "Educating people that ethnic foods can be healthy and encouraging them to try unfamiliar foods will lead to increased variety in their diet."

Reservations are required to participate. People may call 587-4912 to use the CD-ROM. The program is offered at four centers: Oxmoor Center, Jefferson Mall, River Falls Mall and Bashford Manor Mall. Reservations are required for the event sponsored by the council. In Floyd County, the program will be held at Mark Elrod Towers. To participate, call 945-8861.

Derby doings

The Tribune May 6, 1996

Area residents celebrated the Kentucky Derby in a variety of ways. Below, seniors at the Ken Ellis Center in Jeffersonville held their annual Derby party with bingo, a 'Run for the Rose' and a parade of Derby hats. Showing off their hats, from left, are Donna Thornberry, Alice McDonald, Rosemarie Cannon, Dorotha Brumnach, Jan Pinick, Bets Webb and Nina Black. Frank Miller also held his annual party on Derby Day. At right, Miller receives a phone call from guests shortly before the party began. Below right, Don Schroeder helps himself to a cold beverage as the party gets under way.

Jeffersonville Mayor Tom Galligan, seated left, and New Albany Mayor Doug England jointly sign a proclamation proclaiming the month of May as Older Americans Month. Looking on are, standing from left, Patricia Jewell, executive director of the South Central Indiana Council for the Aging, Inc., Henry D. Johnson, manager of Social Security Administration of New Albany, and Matie Watts, director of the RSVP services at the council.

5-16-96 (Tribune photo by Amy McCord)

The Banner Gazette May 1996

1996 Leadership Graduation Class Receives Certificates

The 1996 Southern Indiana class of Leadership Southern Indiana received certificates at a graduation banquet held at Kye's at Water Tower Square on April 10.

Class members were: Alan Applegate, Voelker Law; Kevin Cecil, PNC Bank, Indiana; Peggy Chinn, McCauley Nicolas LLC; Peter Carrao, Neace and Associates; John Daily, Daily Food Corporation Inc.; Carolyn Dean, LifeSpring; Paul Elzer, Hospice of Southern Indiana; Wayne Estopinal, Estopinal Group; David Fennell, National City Bank; John Hamm Jr., Liter's Quarry; Joseph Huecker, Regional Youth Services Inc.; Pat Jewell, Council for Aging; Cindy Kanning, Marketing Consultant; June Kruer, Centertown/Clark Libraries; John Lawson Jr., First Savings; Leatha Laye, HVEOC; Bob McKain, Floyd Memorial; Eric Mann, NBD Bank, New Albany; Jennifer Mead; Department of Redevelopment; Mary Denny Miller, Denny Transportation; Bernadette Moore, Clark County Youth Coalition; Doris Mote, St. Pauls Church; Donna Mullins, Medical Center of Southern Indiana; Charles Ridenour, retired - Essroc; Steve Shetter, National City Bank; Carol Shope, Amoco; Judy Smith, YMCA; Brad Snyder, New Albany Floyd County Schools; Christopher Tobe, NBD Trust and Investment; L. Eugene Vaughn, Diarfa Gospel; John Voyles, ACBL; Nelson Watson, Floyd County Prosecutor; Suellen Wilkinson, Floyd County Museum; and Robert Winningham, Lee Hamilton.

At the same banquet, Phyllis Garmon was presented with the 1996 Servant Leader Award.

Ken Ellis Senior Center May Happenings

We Welcome Spring This Month with a great variety of activities at the Ken Ellis Center.

Get on your Hoedown clothes and come dance to the music of Clyde Matthews and his wife. Bring a covered dish and enjoy yourself from 10 am to 2 pm on May 16th, 1996.

Our annual Senior Prom will be held on Monday, May 20th from 7:15 pm to 9 pm. All Seniors are welcome. Dance and enjoy the music of "The Big Band" formerly The Don Phillips Orchestra. We will crown a King and Queen for 1996. Refreshments and Door Prizes provided.

Travel with us as we tour "Garden Ridge", Friday, May 10th, and The Ky. Flea Market on Friday 24th. You may sign up now for a wonderful five (5) day tour to Branson, Missouri June 10th thru 14th.

Come to the center for Fellowship and activities each day of the week Monday thru Friday 10 am to 2 pm. Sponsored by the South Central Indiana Council for The Aged, The city of Jeffersonville Parks & Recreation Department, and the Clark County United Way. Tribune 5/15/96

22

Volunteers answer insurance questions

Courier-Journal 4-3-1996

By KATHERINE L. SEARS
Staff Writer

Deciphering the complexities of Medicare and supplemental insurance policies can be daunting for many senior citizens, said 61-year-old Laura Amos, a volunteer with a new state program in Scott County that's designed to help them.

Free to participants, the Senior Health Insurance Information Program, or SHIIP, provides volunteer counselors to answer questions about Medicare and supplemental insurance.

The program shuns affiliation with any insurance company, aiming only to assist anyone who is confused about health-care insurance, said Carol Kimberlin, coordinator of the Scott County program.

Volunteers can, for example, help senior citizens organize their Medicare records and provide a list of supplemental policies.

Amos said she believes many people feel overwhelmed by the paperwork associated with Medicare. "I think they're intimidated by it sometimes," she said.

The Indiana Department of Insurance began SHIIP three years ago, setting up training for volunteers with grants from the federal government and the Robert Wood Johnson Foundation. Counties can tap into the state effort.

All states have a similar program, said Grace Chandler, Indiana's SHIIP coordinator. So far, 60 of Indiana's 92 counties are participating.

Harrison and Scott have the only programs locally in Southern Indiana, Chandler said. Scott County, which began its program in January, is one of the newest, Chandler said, while Harrison's has been in operation for more than a year and is sponsored by Hoosier Valley Community Services.

Each county's program must be sponsored by a non-profit agency that has no association with an insurance company. The agency provides office space, telephones and postage for mailings, Chandler said.

Although Scott's SHIIP, located in the Scott Senior House, is sponsored by the South Central Indiana Council for the Aged and Aging in New Albany, there are no immediate plans to extend the program to Clark and Floyd counties, said Pat Jewell, executive director of the council.

One reason is a lack of staff to recruit volunteers in those counties, Jewell said, adding that she'd like to find additional SHIIP sponsors to expand the program. Volunteers receive four days of training to start and follow-up training once a month.

Amos, one of three volunteers in Scott County, said she thinks the program is worthwhile.

Although she sometimes works for a local doctor, Amos said, her SHIIP training has taught her a lot about insurance for older people.

And it's information she's eager to share: "I hope people learn they can receive some help through it."

Although Harrison County's SHIIP averages only two to three clients a month, coordinator Geneva Sams also thinks it's a worthy effort. For one woman, a volunteer's ability to address a billing error saved the client money, Sams said.

SHIIP can also determine whether low-income people can qualify for state assistance with insurance costs, Sams said.

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Senior citizens in Scott County who have insurance and Medicare questions can contact the SHIIP office at the Scott County Senior House, 183 South Second St., 752-5457.

In Harrison County, call 738-8143.

Non-profit agencies interested in sponsoring a SHIIP program can call (800) 452-4800.

FLOYD COUNTY

United Way collections explode to new high

By KATHERINE L. SEARS
Staff Writer 5/16/96
Courier Journal

Floyd County's recent Metro United Way campaign was so successful that the agency received a financing increase of almost 7 percent — the largest in the community's history.

That means more money will go to the agency's nine member organizations, plus one added this year, the Floyd County Youth Services Coalition, said Barbara Bridgwater, executive director of the county's Metro United Way.

Last year, Floyd County distributed $461,200 among the nine organizations. That amount increased by 6.83 percent this year, giving the agency $492,700 to distribute among the 10 groups.

This is the first time that local agencies that exceeded a fund-raising threshold were rewarded with extra money to allocate to their member organizations, said Ron Hatch, director of fund distribution in the Louisville office.

Previously, the money raised by county agencies went into a pool of funds and was distributed by Louisville Metro United Way, Hatch said. This year, if a county raised its total by more than 5.7 percent, it got a bigger piece of the pie than other counties as a reward, Hatch said.

Clark County's United Way agency did not exceed the threshold, although it did see an increase. It received $391,805 — a 5.38 percent increase over last year — to distribute among 11 agencies for the coming fiscal year. Last year the agency had only a 1 percent increase, said director Jennifer Humphreys.

Clark also added a new agency — the Clark County Health Care Clinic, a non-profit health facility in Jeffersonville that treats people with no health insurance.

Harrison County had the lowest percentage increase of money raised — less than 1 percent — and its allocation from Metro United Way increased by only $700, to $124,700. It used the $700 increase to start a Big Brothers-Big Sisters organization in Corydon.

Bridgwater attributed Floyd's success in fund raising to the hours of phone calls made by about 50 volunteers last fall to get businesses to participate in employee campaigns. In her 10 years with the Floyd agency, this is "the greatest amount of new dollars we've ever had to spend," Bridgwater said. "We can't express enough appreciation to the volunteers."

Angela Robinson, executive director of the Floyd County Youth Services Coalition, and the coalition's planning chairman, Vince Klein, said being added as a member agency meant a little less scrambling for outside funds.

The coalition, which coordinates and provides services to children in Floyd County, has existed for 10 years and has received United Way financing in the past. Being a member organization means the coalition is almost guaranteed a regular source of funds.

during the past year. RSVP is celebrating its national 25th anniversary in recruiting and placing volunteers.

May 17 - Social Security Reception for Seniors - a reception will be held at the SSA office from 2 till 4 p.m. on Friday, May 17. The office is located at 2656 Charlestown Road in New Albany. All seniors are invited to drop in for free information on benefits and Medicare and enjoy and dessert with the staff.

May 20 - Senior Prom beginning at 7:30 p.m., sponsored by the Council for Aging and the Jeffersonville Parks Department at the Ken Ellis Senior Center. Call 283-7356 for more information.

May 31 - Senior Health Fair at Graceland Baptist Church from 9 a.m. till 1 p.m. This event, co-

The world's greatest linguist is believed to have been Dr. Harold Williams of New Zealand, a journalist. As a boy, he spoke 58 languages and many dialects fluently. He was the only person to attend the League of Nations (1920-46) in Geneva, Switzerland and converse with every delegate in their own language.

Older Americans Month is May

Mayor Doug England of New Albany and Mayor Tom Galligan of Jeffersonville recently signed a proclamation honoring older Americans on May 8.

The month of May is nationally designated as "Older Americans Month." This year's theme: "Aging: A Lifetime Opportunity," recognizes millions of seniors who make the most of growing older by their invaluable contributions to society. By honoring active seniors, growing older becomes something to look forward to.

Witnessing the mayors' signing were the heads of three area agencies serving the senior population: Henry Johnson, Social Security District Manager; Patricia Jewell, Executive Director of The South Central Council for the Aging; and Mattie Watts, Director of the Retired and Senior Volunteer Program (RSVP). All three agencies have special events planned in May.

The special events planned include:

May 11 - RSVP Annual Volunteer Recognition Luncheon. Area RSVP members were honored for their volunteer work

The Banner-Gazette Wed. May 15, 1996

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PHONE: 582-4667 / FAX: 582-4665

STAFF PHOTOS BY KEITH WILLIAMS

George Lawson enjoyed playing with bubbles at the ATC Adult Health Center earlier this month.

DAY CARE FOR ADULTS

Centers offer relief for families caring for aging relatives

By DICK KAUKAS
Staff Writer

THEY WERE finishing up a game they had started the Friday before, thinking of words that begin with the letters in "mother," and they had reached "T."

"Tom."

"That's right," said Sue Mitchell, activities coordinator for the adult day center run by the Alzheimer's Association's Louisville Chapter, known as the Ruth K. Schmidt Share Care Program.

It was a Monday morning, and Mitchell was writing the words on a board in front of 10 older adults — seven women and three men — gathered in a well-lit room in the basement of St. Matthews Baptist Church.

"Thimble," one of them said.

"Good. Thimble," Mitchell wrote it down.

"Tat."

"Toe."

The list grew.

"Thelma."

"Try."

"Tom."

"You gave us Tom."

"Teabag."

"Tickle."

"Tom."

"We have Tom."

"How about tater?"

"Tater. Good."

"Onion."

"Onion doesn't start with a T."

"Are you going to give us something to eat?"

Sue Mitchell laughed. "In about an hour," she said.

MOST EXPERTS agree that the program run by the Alzheimer's Association — like those operated by a dozen or so "adult day centers" in the Louisville area — are effective and pleasant for the participants.

The experts also see the benefits for the caregivers — free time and the knowledge that a spouse or relative is in a safe, stimulating place.

Add both of those points to the demographics — an aging population and a generation of adults "sandwiched" by the simultaneous demands of children and aging parents — and it seems obvious that the interest in adult-care programs should be soaring.

So why do many adult centers in the Louisville area — including the one run by the Alzheimer's Association — still have openings?

Yes, it's true that the number of centers in the area has been slowly increasing to meet anticipated demands.

There was only one adult center in the state in 1973. Now there are 84 — 45 licensed "health model" centers, where medication can be administered, and 39 certified "social model" centers.

The totals include 10 centers in Jefferson County, two more than a year ago.

For example, Caretenders, a for-profit company, opened its first adult center in the state —

See DAY CARE
Page 4, col. 1, this section

FINDING OUT MORE

For information on adult day centers in the Louisville area, you can call the Kentuckiana Regional Planning and Development Agency at 266-6084. In Southern Indiana, the number is (812) 948-8330.

To find out about day centers elsewhere in Kentucky, call Gwen Cobb, a family-services program specialist for the state Division on Aging, at (502) 564-6930.

In addition, you can call the Association of Older Kentuckians Helpline at (800) 200-3633.

And, the National Association of Area Agencies on Aging, (800) 677-1116, can help people from one state locate the nearest day center elsewhere. For example, if you live in Kentucky and want to find a center for a relative who lives in Florida, the association should be able to assist.

Day care for adults

Continued from Page H 1

in Louisville — last March.

Jeanene Manning, Caretenders vice president for marketing, said, "There is a tremendous need, but the education process is very slow.

"People here aren't as familiar with adult day care as people in other parts of the country, like Connecticut and Maryland, where there are a large number" of centers.

Caretenders plans to open its second Kentucky center in Lexington in July.

But right now the one in Louisville, with room for 55 "guests," so far has 20 people enrolled. Daily attendance averages eight to 10.

Several other centers also have openings.

Karen Robinson, a professor at the University of Louisville School of Nursing, has been doing research, trying to figure out why.

She has concluded that many people aren't familiar with the adult day-care concept and that many caregivers "think they should do this alone." Often, they don't seek help "until it's too late."

If elderly people become combative or incontinent, Robinson said, it can be harder to find an adult center that will accept them. That can mean the only options may be a nursing home or paying for personal care by a health-care worker who stays at home with the elderly person.

If the caregiver had been willing to use adult centers earlier, Robinson said, then it might become easier to keep the older adult with the family and out of a nursing home.

For example, she said, research shows that people who go to adult centers have fewer behavior problems.

"The patient gets stimulation, social contact, exercise, a regular schedule during the day. That tends to prevent wandering and other problems at night. They tend to sleep better.

"It's also good for the caregiver. The public has no idea of how confining and isolating caregiving can be."

Besides, day-care experience often makes the adjustment to a nursing home easier, for the family and the older person.

Karen Ring, executive director of the local Alzheimer's Association chapter, agreed that "denial" plays a part in many caregiver decisions.

"They say, 'I can care for him one more day, or one more week, or one more month,' " she said.

Expense is another consideration.

A day in the Alzheimer's Association's Share Care Program costs $36, while the cost of a day at the new Caretenders adult-day facility is $59, including transportation to and from the center.

Medicaid, the state-administered health-care program, pays the fees of poor people covered by it who attend centers licensed as "health models."

But for those who aren't covered, the costs can be substantial. Few if any insurance policies pay for day-care expenses. So for most people it's an out-of-pocket expense, even though many centers try to help by charging on a sliding scale.

Often, Ring said, caregivers don't want to pay for a day center now. They think they'll be depleting limited resources for an inevitable catastrophe — nursing home care, for example — later.

Sometimes, she said, that means that frail adults are left home by themselves — until something happens that creates a crisis.

"We need to continue to educate caregivers," Ring said, so they'll know what adult day centers offer, and so they'll be more inclined to use resources that are available.

AN EFFECTIVE center, experts agree, is more than a place where a caregiver can drop off a participant and feel sure he or she will simply be safe.

Good centers also provide stimulation.

Participants don't just sit. They play word games and bingo, among other things. Typically they exercise, socialize, take walks, sing songs, reminisce and eat together.

On a recent morning at the St. William Neighborhood Adult Day Center, located in the California Community Center at 1600 W. St. Catherine St., about a dozen men and women exercised in front of a big-screen TV, following the lead of the woman on the video. Staff and volunteers encouraged participation.

The Alzheimer's Association runs the only program in Jefferson County designed exclusively for people with Alzheimer's disease and related disorders. It recently has added staff, expanded its space and lengthened its hours. It continues to seek more volunteers.

Most of the other centers also have at least a few people with dementia — as well as a majority of elderly men and women who are simply frail.

For example, Virginia Futrell, 72, has been attending the adult center run by Highland Community Ministries at St. Paul United Methodist Church on Douglass Boulevard for about four years.

She lives with her son and his wife off Dixie Highway, south of Valley Station, and has been using a walker since she broke her leg in 1994.

"I enjoy it here," she said. "I have friends. I like the games we play. I enjoy bingo." And her family knows she's in a safe place.

"I really don't like Saturdays and Sundays because I don't have as much to do at home," she said.

Many other participants feel the same way.

At the Alzheimer's center, for example, Kate Stephens, 84, attends for 4½ hours Mondays and Fridays, and it's easy to tell she enjoys herself.

On a recent morning she laughed as she kicked a beach ball around a circle of people. She enjoyed doing the arm and leg exercises. And she grinned as she played the word game.

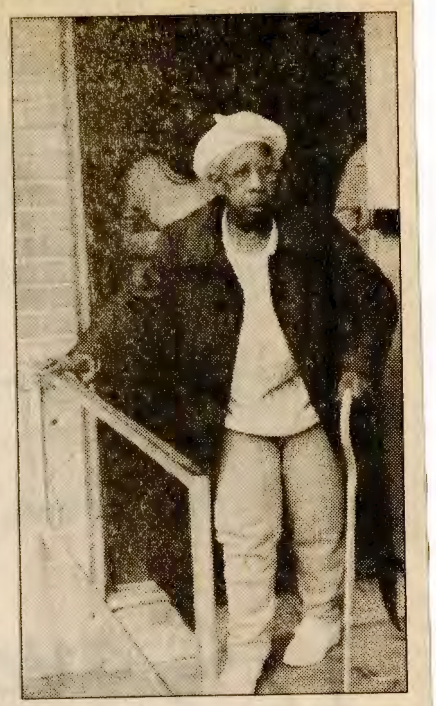
"She has a good sense of humor, and she's fun to be with, even now," said Clara Napier, her longtime friend and her caregiver for the past eight years.

"I didn't want her to go into a nursing home," Napier said. "And I wanted to get help. This gives me time to run errands, see friends and do other things.

"She's perfectly at ease" at the center, Napier continued.

"She loves to get and give attention.

"The other day she told me, 'Well, I guess I'll get going so I can go over there and entertain them.' "



STAFF PHOTOS BY PAT MCDONOGH, ABOVE, AND KEITH WILLIAMS

Staff member Joy Briley, left, leads Kell Boatwright, center, and Kate Stephens in exercises at St. Matthews Baptist Church. Johnette Adam, below, leaves the St. William Neighborhood Adult Day Center.

SELECTING A CENTER

The National Council on Aging suggests that people considering an adult center take these common-sense steps:

- Call and get a brochure that includes eligibility criteria, monthly activities, menu, hours, transportation arrangements, costs and number of staff.
- Make an appointment and visit. Check on cleanliness, noise levels, activities, staff attitudes, whether volunteers were helping and the comfort of the facility.

Think about whether you felt welcome and whether your questions were answered.

- Get the opinions of two or three people whose relatives use the center.
- Give the center you select a fair chance. It can take participants awhile to feel comfortable.

Karen Robinson, a nursing professor at the University of Louisville, also said that it sometimes helps to explain what will be happening in terms that a disoriented participant can understand. Many older adults, Robinson said, may not be able to comprehend what a day center is.

It can ease fears, she said, if you tell a person who has been active in church that "this is a church group you'll be visiting."

If the person has done lots of volunteer work, you might say, "You'll be going to volunteer today."

Achieving royalty

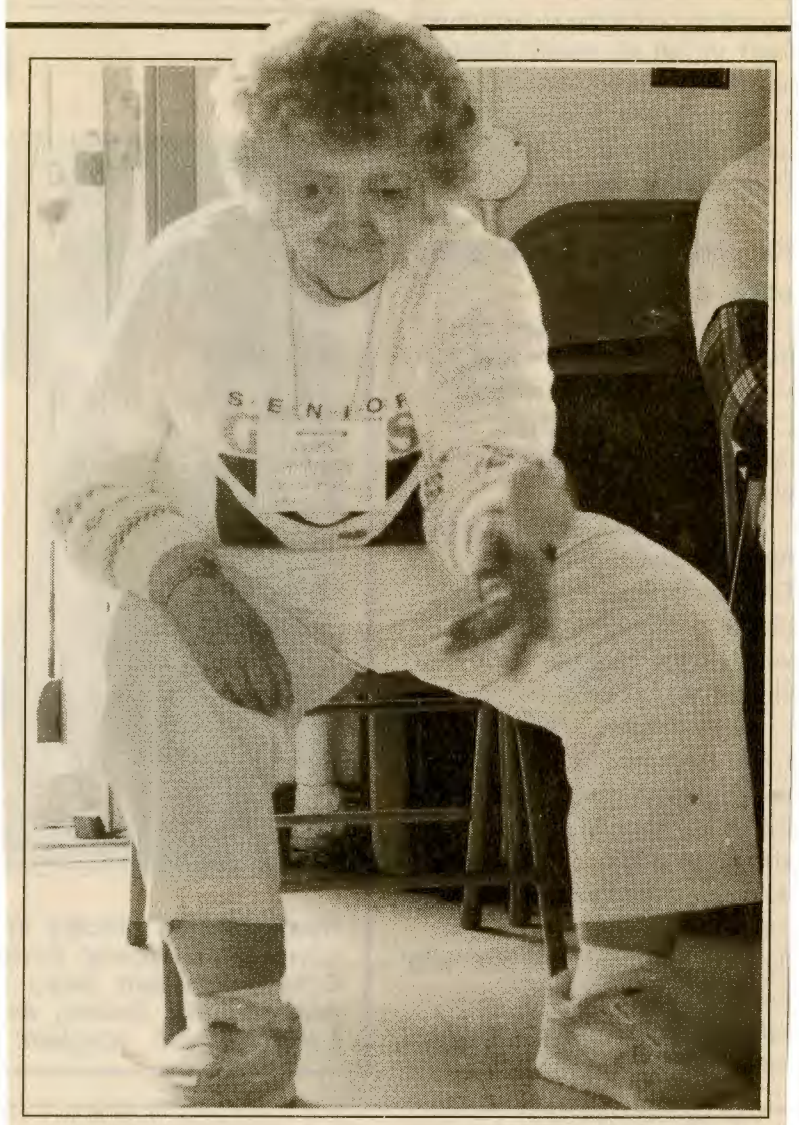
Tribune

The Ken Ellis Senior Center held its annual Senior Prom Monday night, including entertainment by the Big Moonlight Band, which volunteers its services each year. Crowned prom queen and king this year were Herbert Sizemore of Jeffersonville and Lucile Benbrook of New Albany.

(Tribune photo by Bobby Burge)

5-22-96

The Tribune **Local** June 23, 96



TRIBUNE PHOTO BY ALAN STEWART

SENIOR GAMES — Providence Retirment Home recently hosted the 10th annual Senior Games which included 112 participants from 11 senior centers representing four counties. In the bean bag competition 79 year old Ruth Jamison from Lincoln Hills Health Care pitched her way to a third place finish.

The Banner Gazette May 29, 96

Senior Health Fair

Graceland Baptist Church and the South Central Indiana Council for the Aging are joining together to present the 1996 Senior Health Fair.

The event will be the kick off to the 1996 Senior Games.

The Senior Health Fair will be held in the Graceland College Gym on Friday, May 31, from 9 a.m. till 1 p.m.

There will be over 40 booths where participants can either receive information on many senior related topics or have a screening performed. Among the screenings that will be offered free are vision, glaucoma, cataract screenings, blood pressure and cholesterol, hearing, blood sugar screenings, eye glass adjustments and stroke risk assessment.

The Mobil Mammography Unit will also be at the fair.

For more information about the Senior Health Fair contact Julie Wilson at 948-8330.

The fire still burns

TRIBUNE PHOTO BY RYAN J. SPARROW

TRIBUNE PHOTO BY TRACY CONNELL

TRIBUNE PHOTO BY BOBBY BURGE

At left, Grace Naville carries the Olympic torch down Charlestown road. Above, Leann Hook, 7, eats an ice cream cone during the procession. Below, Helen Gibbs takes the torch from Nathan Uhl.

Area celebrates as Olympic Torch passes through

By CHUCK MALLOY
Tribune Staff Writer

June 6, 1996

SELLERSBURG – In all her life, no one had asked Helen Gibbs of Evansville for her autograph as a keepsake. That is, until last night as she prepared to carry the Olympic Torch from Ivy Tech State College down Ind. 311 toward Charlestown Road.

"I'm feeling real special," said the Evansville resident as people surrounded her to view and touch the torch. "And I've never had my picture taken with so many people. I'll remember this town forever. I'll have to come back here for vacation. ... Maybe I'll even move here."

Mike Ricke of New Albany said he received a similar hero's greeting just before carrying the torch on Charlestown Road.

"It was better than being Ken Griffey Jr.," said Ricke, who signed autographs on American flags and posed for numerous pictures with children. "The pictures were taken with them holding the torch, and it was something to see their eyes light up. For me, that's something I will always remember."

Ricke, as with the other torch carriers, went only three-tenths of a mile. But Ricke said he made the most of his jaunt, with cheering supporters standing on both sides of Charlestown Road.

"I ran with the slowest and smallest baby steps I could take," Ricke said. "I wanted it to last."

Ricke's lasting keepsake will be the torch he carried, for which he paid $275. But Ricke said when he looks at that torch, he'll remember what he felt while running in his home town.

"I wasn't expecting a big crowd,

See *Torch, page 2

*Torch: Area celebrates Olympics

Continued from the front page
but it was packed – people standing four and five deep," he said. "The civic pride and Olympic spirit were evident, and I'll never forget it. It was unbelievable."

While people were lined up on Charlestown Road and other points along the relay route in New Albany, hundreds of people caught some of the Olympic spirit at Ivy Tech, where the town of Sellersburg and the college sponsored a party that included games for the kids and an antique car show.

For Kevin Johnson of New Albany and his wife, Jeri, the festival was an opportunity to teach their children, Cody and Lindsay, something about the Olympic spirit.

"When we turn on the television and see them light the torch, we'll be able to say, 'We saw that,'" said Jeri Johnson. "You expect to see something like this hit a big city, but I'm glad it came to a smaller town."

Jade Reiter of Underwood, who was with her children, Katie and Nikki, said she wanted to see the torch because it's such a part of history and tradition. "And the fact that the Olympics is in the United States this year makes it special."

Dan Varanay of New Albany and wife, Cheryl, who were coaching their children, Russell and Kelly, in a series of mini-Olympics events, said there were at Ivy Tech to enjoy the community event and see their neighbors.

"It's a once-in-a-lifetime opportunity to see the torch," said Cheryl Varanay.

Forrest Gray of Sellersburg and his wife, Pauline, saw the torch pass through twice yesterday – once through Henryville and again through Sellersburg.

"We're getting a double take on this," Gray said, laughing. "But I think it's great, and the Lord blessed us with a beautiful day."

The event at Ivy Tech made a definite impression on Marina Bratchikova of the Ukraine, a 17-year-old exchange student living in Salem. The Ukraine has its share of top athletes, such as figure skater Oksana Bayul, but Bratchikova said her country doesn't get into the Olympic spirit to the extent of the United States.

"This is something I've never seen in my life," she said. "The Olympics has never taken place in the Ukraine."

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BRIEFLY

Repair Affair aids needy elderly, infirm

Repair Affair, a program of New Directions Housing Corp., recruits volunteers to repair homes for low-income elderly or disabled homeowners. Through the generosity of sponsors, there is no charge to the homeowners.

Volunteer groups will repair 12 homes in Jeffersonville, Clarksville and New Albany in a special event this fall.

Applications will be accepted between 8:30 a.m. and 4:30 p.m. Wednesday through Friday.

For more information about applying or volunteering for the project, call 775-6457.

Cleo Coleman (above) of Jeffersonville dozed off during grandparent's and grandchildren's day at the Ken Ellis Center. Victoria Haines (below) had a good time watching the children perform. Haines had no grandchildren at the center, but said "I just love the entertainment."

STAFF PHOTO BY C.E. BRANHAM

1-3-96

When it comes to seniors, Pat's a real jewel

BY MARC MEYER
Golden Opportunities Editor

Senior citizens in Clark County are fortunate to have an individual who goes the extra mile - and a great deal more - to make sure their advanced years are, indeed, golden.

Pat Jewell, executive director of the South Central Indiana Council for the Aging and Aged Inc., is a tireless advocate for the elderly and has championed their causes for the past 12 years.

But, she refuses to accept credit for the many strides the agency has made to make life more enjoyable for the elderly.

"I can't emphasize enough how much the success of this agency is as a result of teamwork and not any one individual, particularly myself," she said. "The people who make a difference include our entire staff and all volunteers, especially our board of directors.

"The Council is like an orchestra and I am privileged to serve as the conductor," Jewell said.

The Jeffersonville resident heads an organization which is responsible for planning, developing and coordinating services targeted for older adults in Clark and three other counties - Floyd, Harrison and Scott.

The agency has been in existence for 22 years and during that span, it has has addressed the needs of an aging society by providing information and referral, Meals On Wheels, transportation, adult day care and in-home services.

"I can't say enough about the tremendous support we have received from Jeffersonville and New Albany officials since the Council came into existence," Jewell said, citing the cooperative efforts of then-Mayors Richard L. Vissing of Jeffersonville and Warren Nash of New Albany.

During 1995 alone, 6,441 individuals were served through agency programs.

When asked what she liked most about her job, Jewell replied:

"Knowing what I do makes a difference in the lives of the elderly.

"The variety and scope of the responsibilities; no day is ever the same.

"And, the opportunity to work with people from almost every segment of the community."

On the flip side of the coin, Jewell said the most difficult and frustrating aspect of her job is "seeing waiting lists for services grow despite fundraising and volunteer recruitment efforts."

"There are currently 489 people people, including elderly and younger persons with disabilities, on waiting lists for in- home services." She said 155 of those people are at risk of institutionalization and are "struggling to stay in their own homes. The need for home care is enormous."

Jewell couldn't say enough about the importance of volunteers. "They have always played a major role in our agency. Over 300 are currently involved in various areas such as serving on our board of directors and advisory councils, delivering Meals On Wheels, working with the Senior Citizens Angel Tree at Christmas, and helping and staging Senior Games of Indiana."

She acknowledged that there has been a reduction in federal funds this year, as anticipated. "We will receive around a $20,000 cut this coming fiscal budget. However, our current funding level isn't adequate, so this cut will only worsen the situation."

She said several critical programs, especially transportation which she called a 'biggie' in the agency's budget, will be adversely affected. "We have been forced to turn down many requests for transportation, but there's simply nothing we can do about it."

The reduction in transportation funding points up the need for even more volunteer involvement to help meet the needs of the growing elderly population, she said.

PAT JEWELL

"Currently, we are trying to recruit volunteers to drive for our transportation program," Jewell said. "We could put another vehicle on the road if we could get enough volunteers to pledge four hours per month to drive older adults to medical appointments, grocery shopping, banking and such."

She pointed out that the Council is now transporting a number of individuals for chemotherapy, radiation and kidney dialysis treatments. "These trips are highest priority," she said.

"These trips also take more time so we are having to deny other requests for service in record numbers."

Major concerns of the elderly, in addition to transporation, which the Council addresses on a daily basis include Social Security and pensions, quality and affordable health care, Medicare and proposed restrictions, affordable housing, nursing homes, supplemental insurance costs, taxes, funding senior services and welfare reform.

As Council executive director, Pat Jewell is responsible for the organization, staff, planning, administration and direction of an umbrella agency serving the four counties.

During her tenure, the Council tripled the agency budget, developed 15 new programs and funding sources and implemented successful fundraising strategies.

Pat Jewell came to the Council well prepared to assume the top position. For seven years she served as fiscal officer/deputy director of a major certified public accounting firm in Newport News, Va., and was a staff accountant for three years prior to that time, supervising bookkeeping procedures and preparing year-end tax returns for such clients as physicians, attorneys, real estate agencies and restaurants.

She was also an accountant for nine years for a Louisville insurance agency, supervising bookkeeping and managing office operations.

"My strong points are business and accounting," she said, which made her the ideal choice for the executive director's job when she was hired in 1984.

A native of Louisville, she and her husband, Jim, moved to Oak Park 19 years ago. The Jewells have been married 33 years and have two daughters and one granddaughter.

Outside of her Council duties, Jewell has served on advisory councils of eight human services agencies and on the board of directors of five other organizations.

When it comes to the aging adult community, Pat is truly a jewel.

Celebration to honor six 'Women of Distinction'

PRIME TIME
AL ALLEN

Six older Louisville-area women — activists, teachers, advocates for the weak and afflicted, promoters of cultural diversity — will be honored Wednesday night as "Women of Distinction."

The occasion will be the Center for Women and Families' annual Celebration of Service in the Grand Ballroom of the Galt House East. The fund-raising banquet generates support for the center's Domestic Violence Program, R.A.P.E. Crisis Program, Creative Employment Program and West End Branch.

The six honorees will join 53 other women 60 and older who have been recognized for community service since the event began in 1988.

This year's winners:

Bertrand

Thelma Bertrand of New Albany was the first executive director of the Southern Indiana Agency on Aging. She built it from a fledgling agency with just one grant to one with an annual budget of more than $2 million. Even after her semiretirement in 1984, she continued as its health-services director.

She has been a driving force behind the region's Senior Games, an Olympics-style competition for older people. She also instituted the Angel Tree project, which provides gifts to hundreds of homebound seniors or those in nursing homes at Christmastime.

Bertrand also works with Central Christian Church, the Retired and Senior Volunteer Program, the Indiana Federation of Older Hoosiers, Providence Retirement Home, the State Adult Guardianship Advisory Board and Harvest Homecoming Festival.

Braden

Child safety is the focus of three of her major interests: Costume Carnival, a safe alternative at Halloween; the Red Ribbon Campaign, an anti-drug effort; and Pilot Club Safety Town, a traffic-safety program for children.

Anne Braden, an author and journalist, has been a community activist for civil rights and against racism and oppression for decades.

For 20 years she worked at the Southern Conference Educational Fund and helped form the Southern Organizing Committee for Economic and Social Justice. In 1990 she was the first recipient of the American Civil Liberties Union's Roger Baldwin Medal of Liberty and is active with the state and national Alliance Against Racist & Political Repression, the National Rainbow Coalition and St. George Episcopal Church.

In 1954 she and her husband, the late Carl Braden, bought a house in a white Louisville neighborhood and resold it to an African-American couple. Soon afterward, the house was bombed. The Bradens were accused of complicity, but those charges were dropped. However, a search of their home found literature that in that era of Communist witch hunts was deemed seditious, and Carl Braden was imprisoned for seven months before his conviction was overturned.

The case attracted national attention and was the basis of a book on race relations by Anne Braden, "The Wall Between," which was runner-up for the National Book Award in 1958.

Lang

Helen Lew Lang is the founder of Crane House, a Chinese-culture center at 1374 S. Third St. The center, funded entirely through donations and grants, attracts people with an interest in Chinese history and international relations.

Lang formerly was on the staffs of Johns Hopkins University in Baltimore and the Chinese delegation to the United Nations. She has led area teachers on a trip to China's Fujian Province to work with Chinese teachers of English and is organizing a second trip.

On the international stage, she has been involved with the World Communities Board and the U.N. Multicultural Center Board. Locally, she is a member of the boards of Metro Parks, Girl Scout Council and Goals for Greater Louisville Community, and is involved in the Cornerstone 2020 Community Council, Louisville Jazz Society and Kentucky Tennis Association.

Marshall

Johnetta Marshall has a lifetime of activism in the field of civil and human rights to her credit, and is national president of the Older Women's League.

Her activities span the civil rights struggles of the 1950s, when she was pelted with rocks in the Deep South, through 1995, when she marched in China for equality for women at the Fourth World Conference on Women.

She was executive director of Louisville's Opportunities Industrialization Centers, which trained welfare recipients in job skills; headed the Kentucky Minority AIDS Council; was the first African-American women to head the Kentuckiana March of Dimes; is regional coordinator for the Prichard Committee for Academic Excellence; and is past executive director of Senior Services Inc.

Marshall also has been involved with River City Business and Professional Women, National Association for the Advancement of Colored People, Women's Chamber of Commerce, Presbyterian Task Force on Women, Presbyterian Cabinet of Ethnic Affairs and National Council of Negro Women.

Naomi Pressma's concerns during her vocation as a social worker have expanded into a wide variety of volunteer services to such diverse groups as children, the blind, the disturbed and the chronically ill, and in the broader fields of interfaith understanding and human rights.

As a social worker, Pressma aided patients at Central State Hospital and Bridgehaven, worked in the Baptist Hospital East drug program, was a counselor for Regional Youth Services and helped elderly people cope with the physical and psychological changes of aging.

Pressma

She formed the Louisville Diabetic Society. She has been a member of the Council to Prevent Teenage Suicide and of the board of the Home of the Innocents. She has taught enrichment classes for the handicapped, led groups at the St. Matthews Area Ministries' drug program and worked at the Kentucky School for the Blind.

Pressma has been head of the Women's Division of the United Jewish Appeal, is a member of Adath Jeshurun Sisterhood and vice president of the Jewish Social Service Agency.

Mary K. Bonsteel Tachau, who died in 1990, spent much of her lifetime promoting women's issues and challenging gender-based bias.

Tachau was a history professor at the University of Louisville and specialized in constitutional law. In 1976, as chairwoman of the university Senate, she was the only woman to sit on the U of L board of trustees.

Tachau

She was a diligent supporter of civil rights causes and an outspoken feminist who attributed her resolve, in part, to her grandmothers both being suffragists.

She was on the board of the American Civil Liberties Union in the 1950s and was an active member of the state Commission on Human Rights.

"Prime Time" runs Sundays in Features. Al Allen answers questions of interest to older people and their families; address your questions to "Prime Time," Features, The Courier-Journal, 525 W. Broadway, P.O. Box 740031, Louisville, Ky. 40201-7431.

Tribune 7/16/96

Local

Donation

The New Albany Pilot Club recently donated two window air conditioners to the Floyd County Council for Aging. These will be used to help supply elderly without air conditioning during the summer months. Shown from left, Betty Arnold, Thelma Bertrand, Pilot Club projects coordinator chairpersons, and Vickie Medlock, in-home service director of Council for the Aging.

TRIBUNE PHOTO BY BOBBY BURGE

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PHONE: 948-1315 / FAX: 949-4041

JEFFERSONVILLE

Rain slows repairs on seniors' homes

Volunteers will return to finish job

By SHELDON S. SHAFER
The Courier-Journal

Rose Marie Cannon, a 70-year-old widow whose vision is poor, had slipped twice recently on her back steps. Water seeps through her patio roof and collects from blowing winds.

So volunteers descended on her house in the 700 block of Chestnut Street in Jeffersonville yesterday to make repairs.

"I can't say enough for these guys," she said. "I had almost forgotten that people care for seniors who live by themselves.

She was praising the volunteers in the Repair Affair project sponsored by the New Directions Housing Corp. of Louisville.

Dressed in purple "Repair affair" T-shirts, Bob Rogge of Jeffersonville and John Arnold of New Albany waded in with saws and hammers to put up new guttering around the bottom of the patio roof and to patch a hole or two. While they worked, a steady rain beat against a piece of blue plastic hung on one open side of the patio to keep out the elements.

"We're just trying to give something back to the community," said Rogge, a manager with Indiana Gas Co.

"Someone turned my name in, and before I knew it, I was a volunteer," said Arnold, who is retired.

Both men were covered with sawdust that clung to their wet clothes. They stopped work shortly before noon to eat some pizza donated by Papa John's.

Joe Spalding, the team leader at the Chestnut Street work site, said he, Arnold and Rogge would stay until the work was done. A dozen or so other workers had shown up to paint early yesterday but went home after about an hour because of the rain. They'll return to finish the job, Spalding said.

The Chestnut Street home was one of a dozen in Southern Indiana that New Directions targeted yesterday for work by Repair Affair. It was the Louisville agency's second foray into Southern Indiana; it worked last year on about 25 homes primarily owned by needy or disabled senior citizens.

Before scattering to the work sites, about 100 volunteers ate breakfast at Furrow Building Materials in Clarksville. They also heard pep talks from U.S. Rep. Lee Hamilton, New Albany Mayor Doug England and Jeffersonville Mayor Tom Galligan. City employees of New Albany and Jeffersonville had been rounded up as volunteers.

Later in the day, Viola Britt, the Repair Affair coordinator for New Directions, said the rain put a major dent in the effort. She said the volunteers managed to do at least some work on 10 of the 12 targeted homes. But work on many of the houses had to be rescheduled and will be done over the next two weeks.

About 300 homes have been repaired, the vast majority in Louisville and Jefferson County, since Repair Affair started in 1993. Britt said the 12 homes targeted yesterday were picked from about 40 that were visited.

Britt said New Directions tries to pick homes where the need is greatest but the program is not intended to completely rebuild or renovate a residence.

Donations fund the purchase of most materials. Volunteers are supplied by churches, civic groups and corporations.

Skilled labor is in demand, but almost anyone can help, including delivering pizza to the volunteers. For more information on Repair Affair, call 775-6457.cq

PHOTOS BY MICHAEL HAYMAN, THE COURIER-JOURNAL

Susan Ryan scraped old paint during repairs at Rose Marie Cannon's house in Jeffersonville.

Jim Urban repaired a hole in an overhang at the Cannon home, one of a dozen targeted by the Repair Affair project.

Tips For The In-home Caregiver

Are you sandwiched between trying to take care of your children and an older adult? More and more people are finding themselves in such a situation. It may be because of finances or because an older adult wants to stay at home rather than enter a nursing facility.

"Many people find themselves unexpectedly in the position of caring for an older adult," says Sheila Lowery, education coordinator at Southern Home Care, Clark Memorial Hospital's home health agency. "While caring for someone at home may be rewarding, it's not easy."

Everyone involved may feel physical and emotional stress from the situation. Much of the stress for the caregiver comes from having to reorganize his or her life to take care of a loved one.

"There are some things you can do to ease the stress and still give an older adult--and the rest of your family--the care that they need," says Lowery.

Get assistance from family and friends: An older adult's friends, social groups and other family members are valuable resources. They may be able to drive an older adult to and from doctors' appointments, stop by to 'visit' and allow you a break from caregiving or to take an older adult out for social outings.

"It may be difficult for you to ask for help, especially from family and friends," says Lowery. "Keep in mind that many of these people are as concerned for your loved one as you are. Most of the time, they are willing to help but just need to be asked."

Use professional and community resources: There are many services available to help you care for your loved one in the home. Talk with social workers, clergy, nurses and doctors--they can probably refer you to services you may need.

For older adults with illnesses, consider home care: Home care uses skilled health care providers who come to your home for such things as bathing, monitoring vital signs, giving medications and helping with physical therapy. A physician's referral is usually required.

Get involved with a support group: There are many different support groups out there--especially for illnesses. Watch your local paper or talk to your doctor.

Contact the State Unit on Aging: This agency offers free information on community resources and referral services.

For Indiana: South Central Indiana Council for the Aging at 812-948-8330 or Choice/Home Care Services, Department of Human Services at 317-232-7020. For Kentucky: Division of Aging Services at 502-564-6930.

Banner - Gazette 8/14/96

Council for the Aging Awards

South Central Indiana Council for the Aging recently selected honorees for the 1996 Older Hoosier of the Year and Senior Volunteer of the Year Awards.

Both awards are bestowed by the Indiana Family and Social Services Administration.

Ruth Cole of New Albany received the Older Hoosier of the Year Award.

This award recognizes outstanding volunteer community service which enhances the quality of life of others.

Cole will be honored during the Governor's Conference on Aging in October.

Ed Dean of New Albany received the Senior Volunteer of the Year Award.

This award recognizes persons age 60+ for their volunteer work and civic contributions. Dean will be honored during the Indiana State Fair.

Banner Gazette 8/14/96

Dynamic Duo

New Albany pair wins Older Hoosier of the Year Award which is given for outstanding volunteer community service

By W. CURT VINCENT
Tribune Staff Writer

NEW ALBANY — Any attempt to zero in on an area's most prolific volunteer is a monumental, seemingly impossible task, but that's exactly the effort taken on by the South Central Indiana Council for the Aging and recently the organization announced its selections.

The group was looking specifically for the 1996 Older Hoosier of the Year, an award which recognizes outstanding volunteer community service, and the 1996 Senior Volunteer of the Year, which recognizes someone who is 60 years of age or more for their volunteer work and civic contributions.

COLE

DEAN

Selected by this group and honored by the Indiana Family & Social Services Administration were Ruth Cole of New Albany as 1996 Older Hoosier of the Year and Ed Dean of New Albany as 1996 Senior Volunteer of the Year.

Patricia Jewell, executive director of the South Central Indiana Council for the Aging, was more than complimentary toward both recipients.

"Ruth finds it difficult to say 'no' when she knows she is able to help others in her community," Jewell stated. "As (many know), Ruth willingly shares her time and skills helping others."

Cole managed to volunteer at 11 different sites during 1995. Included in that list is time with Interfaith, the Retired Senior Volunteer Program, the Pilot Club, Harvest Homecoming, The Salvation Army and American Association of Retired Persons.

Cole is also an active member of Our Lady of Perpetual Help Catholic Church, the Daughters of Isabella and BPW.

"Ed Dean is a volunteer with a friendly smile and a twinkle in his eye," Jewell said. "Those who benefit from his volunteerism look forward to working with him."

Dean has volunteered for Court Appointed Special Advocates (CASA) since 1992 and, two years ago, helped keep the Washington County chapter of CASA alive. In 1995, he was the recipient of the Angel Award from CASA in recognition of his volunteer efforts.

"Ed is a phenomenal human being and an outstanding volunteer," Kim Grantz, director of

See *DUO, page 3

Tribune 8/18/96

*Duo: wins award for volunteer community service

Continued from the front page

CASA, said. "He gives from his heart without hesitation and is a shining example of the volunteer spirit."

Dean is also involved with AARP and the Retired & Senior Volunteer Program, as well as at the Jeffersonville Community Kitchen along with his wife, Peggy. He also volunteers with the Jeffersonville Township Public Library during book sales.

Both award winners were recognized by the South Central Indiana Council for the Aging on Friday. In October, Cole will be honored during the Governor's Conference on Aging in Indianapolis; Dean was honored during the Indiana State Fair in Indianapolis.

Seniors of the year bring diverse skills to volunteer efforts

Courier Journal 9-29-96

One bakes bread. Another works with young athletes. A third balances assets and liabilities, and keeps records. Still another stands up for abused children.

Amid this diversity these four older people have one thing in common: They are all senior citizens of the year for 1996, either in Southern Indiana or in Jefferson County.

The two from Jefferson County — Annie Thomas and Joe Burks — will be honored Friday at a noon awards banquet and dance at the Executive West Hotel, climaxing the county's annual Autumn Years Celebration.

The other two — Edward J. Dean and Ruth Cole, both of New Albany — were selected by the South Central Indiana Council for the Aging & Aged Inc. as senior volunteer and older Hoosier of the year, respectively.

Here's a look at the winners:

AL ALLEN

PRIME TIME

At 96, **Annie Thomas** of Middletown has 16 years on the oldest of the other three winners and 30 on the youngest. She's the bread baker.

For 25 years she has been bringing a half-dozen home-baked loaves to the monthly meetings of the Middletown Senior Citizens Club, which a few years ago presented her with an engraved plaque entitled "Give Us This Day Our Daily Bread."

Similarly, she arises before 7 a.m. to bake rolls to take to the monthly meetings of the First Baptist Church of Middletown's Triple L (for "Live Longer and Like it") seniors' club.

"You do what you like to do," she explained. "I love homemade bread. My family loved it."

Years ago, before World War II, Thomas was a volunteer for the Red Cross, making diapers, women's shirts and sweaters. For 57 years she has taught a Sunday school class of what she calls "young matrons" — women in their 30s and 40s.

"They asked me if I would substitute for a while until they found a replacement," she recalled. "I guess they never found one for 57 years. I really don't think they looked."

"Miss Annie," born Annie Elizabeth Gant, is a native of Fisherville, Ky., and the daughter of a farmer. It took her until 21 to finish high school because she had to drop out of school at 12 to care for two younger brothers and three younger sisters.

She was educated at Western Normal, now Western Kentucky University, and taught for a number of years at Camp Taylor, Bethlehem, Fairdale and Fisherville elementary schools.

That ended in 1931, when she quit teaching to marry the late Benjamin Thomas, a county roads employee, who later worked at Peterson's Hardware in Middletown. They raised two sons. Now she has eight grandchildren, 14 great-grandchildren and two great-great-grandchildren.

Thomas has no plans for easing up on her volunteer activities. "I'm not old enough to quit."

Joe Burks, 66, is away from his Okolona-area home so frequently, he said, his wife kids him that "what I need around this house is a good volunteer."

Burks was honored primarily for his lifelong dedication and work for the Cabbage Patch Settlement House at 1413 S. Sixth St.

"My mother died when I was very young and my father had to work nights, so the Cabbage Patch kept me out of trouble," the Old Louisville native said.

"They kept me off the streets, helped me get through high school and college. And I met my wife (the former Kathleen Hornback) there."

He worked there part time while going to school and then, after serving in the Air Force from 1951 to 1953, joined the Cabbage Patch staff full time for a year as athletic director and summer-camp supervisor.

Financial considerations led him to become a teacher with the public school system. He was physical-education and special-education teacher and assistant football coach and head basketball coach at Southern High School, retiring in 1985.

But during all this time, Burks retained his close association with Cabbage Patch — as the first president of its alumni association and, with his wife, as a leader in its Christmas-basket program.

For the past nine years he has been associated with its two major fund-raising events — street basketball tournaments in March and in June. With a few other volunteers he helps set up and tear down the 85 or 90 goals used in the tournaments, and he has constructed, painted and repaired most of them.

"I'm trying to give back — trying to pay back. But I can't do it."

Burks also performs volunteer maintenance and repair work at the Southeast branch of the YMCA, 5930 Six Mile Lane, and at Male High School, where a son, Joe Burks Jr., is principal. He also volunteers as a sports instructor at his church, Southeast Christian, 2840 Hikes Lane.

The Burkses have two sons and six grandchildren, ranging in age from 8 to 13.

Annie Thomas

Joe Burks

Ruth Cole, 80, South Central Indiana's Older Hoosier of the Year, was "raised with the feeling that you owed something to the community."

"My mother was always doing something for someone. We were poor, but there was always someone else at our table, eating."

She had a 35-year career as teller, office worker and bookkeeper, first for Jenner Engraving Co. in Louisville, then New Albany's Union Federal Savings & Loan Association, later the Original Savings Bank. Since retiring, Cole has volunteered those skills to an array of civic organizations in New Albany: the Interfaith Community Council, Pilot Club, Retired and Senior Volunteer Program, Harvest Homecoming, Salvation Army, American Cancer Society, American Association of Retired Persons and the Daughters of Isabella, an organization of Catholic women.

The Pilot Club's Safety Town project, which teaches 4-and 5-year-olds about traffic and fire safety and the perils of talking to strangers, has benefited from her attention. So have a project to help people with brain disorders, the Salvation Army's Christmastime Angel Tree campaigns and the Interfaith Council's Senior Day College, a leisure-learning project for elders.

As Cole looks around at her kitchen table and at much of the adjacent dining room — awash in bookkeeping materials and paperwork, she said ruefully, "There are more parts to record-keeping for a service organization than when I worked for a $100 million institution."

There are no regrets, though. "I do all this for myself," she said. "I always prayed to get into something worthwhile. I'm still looking."

There would seem to be no logical reason why **Edward J. Dean,** 69, of New Albany, should specialize in writing and in being a champion for abused children.

Yet those activities have brought him the title of South Central Indiana's Senior Volunteer of the Year.

Dean, a Jeffersonville native, spent two years with the Army Air Corps in the mid-'40s, following that with positions at an oil company and an auto-finance company, and as an insurance salesman and a

Ruth Cole

home-heating repairman. He retired in 1990 after nine years in the dietetics department at Veterans Affairs Hospital in Louisville.

None of this would seem to have prepared him for the volunteer work that has come his way: contributing writer/editor of the newsletter of Court Appointed Special Advocates (CASA), who help abused children; recording secretary and publicity chairman of his American Association of Retired Persons chapter; and writer of feature articles for the advisory council of the Retired and Senior Volunteer Program.

Dean and his wife, the former Marguerite "Peggy" Miles, also volunteer regularly at the Jeffersonville Community Kitchen and at book sales sponsored by the Jeffersonville Township Public Library.

"But CASA is my pet," Dean says. He is deeply involved in the lives of child victims for whom he has become and advocate.

Dean concedes that "you can get kind of depressed" by situations like theirs, but "at the same time, it's rewarding, if only to me."

Cravens-Phillips Named Director of Health Services

Sue Cravens-Phillips, RN

Sue Cravens-Phillips, RN, has been named Director of Women's Health Services at Clark Memorial Hospital, a Jewish Hospital Health Network Partner.

In her new role, Cravens-Phillips is responsible for overseeing the operations, staff and management of women's health services, which include the hospital's Family Birth Place, Child's Place, and Women's Care Place, a brand new 17-private room unit exclusively for women.

"We are very pleased to have Sue Cravens-Phillips as Director of Women's Health," says Jane Younger, RN, Chief Operating Officer for Clark Memorial Hospital. "With her impressive clinical and management background, she will be a great asset in directing and advancing our women's services."

Prior to joining Clark Memorial, Cravens-Phillips was the Chief Operating Officer at Scott Memorial Hospital in Scottsburg. She has also worked for the former Methodist Evangelical Hospital as a nurse supervisor and staff nurse.

Cravens-Phillips earned a Bachelor of Science degree from Saint Joseph's College in Windam, Maine. She also has a nursing diploma from the Kentucky Baptist School of Nursing and Jefferson Community College.

Cravens-Phillips is a charter board member of the Scott County United Way, board member of the South Central Council of Aged and Aging, board member of Scottsburg United Methodist Church, member of the National Association for Healthcare Quality and a member of the Association for Professionals in Infection Control and Epidemiology.

BANNER-GAZETTE, Wednesday, September 18, 1996

It's October but it's almost time for Senior Angel Tree

The Senior Citizen Angel Tree was originated in 1989 by the South Central Indiana Council for the Aging and the Salvation Army. The Senior Citizen Angel Tree grew out of an ever-increasing need to remember older adults who reside in nursing homes or are homebound.

The older adult who qualifies (qualifications being lack of funds or having no family to remember them) fills out a "Wish List." The most needed items on the "Wish List" are usually clothing, pajamas, gowns, sweatsuits, shoes, underwear and toilet articles. These "Wish Lists" are then put on an "Angel."

All of the nursing homes in Clark, Floyd, Harrison and Scott counties will be submitting names. The Council for the Aging has access to the names of the homebound elderly. It is anticipated that over 500 names will be placed on the "Angels."

An Angel Tree will be set up at the River Falls Mall from Nov. 15-27. Shoppers can choose an "Angel" and shop from that person's Wish List. The name of the recipient in the nursing home is not given to the shopper. The first name has a code number. Therefore, the identity of the resident is not known. Presents are then returned to the Angel Tree and stored at the Council for the Aging until their delivery time.

Many older adults are neglected and despondent during the holidays. The angel packages are so welcome and appreciated. However, it is always a concern that all of the names won't be taken and some of the seniors will be without gifts and feel rejected.

If you don't have time to shop, perhaps you might like to make a cash donation, and we will shop for you. In order for us to "Christmas Shop," it would be appreciated if the cash contributions could be given to the office or at the Senior Citizen Angel Tree Table at the River Falls Mall by Nov. 27, as many nursing homes have their Christmas parties the early part of December.

The Council for the Aging and the Salvation Army again ask for your help with our Senior Citizen Angel Tree. The joy you will bring to a lonely senior citizen is immeasurable. Playing such a meaningful role will only help to enhance your holiday season.

For further information on how to participate, make a donation or volunteer, contact Julie A. Wilson at the Council for the Aging, 426 Bank St., Suite 100, New Albany, 948-8330.

34

Meals On Wheels volunteers honored at awards luncheon

Staff photo by Don Smith

RECEIVING MEALS ON WHEELS AWARDS from Ninth District Congressman Lee Hamilton were, from left, Lucille Neuhauser, Cora Norrington, Ruth Kirkman, Ione Rohde, Wilhelmena Turley and Kate Weinman, who also accepted an award for her husband, Ed Weinman.

BY MARC MEYER
Golden Opportunities Editor

Volunteers of the South Central Indiana Council for the Aging Inc.'s Elderly Nutrition/Meals On Wheels program were honored at a 1996 recognition awards luncheon earlier this month.

On hand to present awards was Ninth District Congressman Lee Hamilton who lauded the efforts of the "dedicated volunteers who lend a hand."

Earning special recognition were seven volunteers who have been providing meals to the senior citizens of Clark, Floyd, Harrison and Scott Counties since the inception of the elderly nutrition program more than two decades ago. They are:

√ Ruth Kirkman who delivers 15-18 meals out of the Clark Arms meal site in Jeffersonville. She has provided 23 years of volunteer service. In addition, she makes lap robes for hospital patients and nursing home residents.

Mattie Malone, meal site manager said, "Ruth is always willing to go the extra mile and always available whenever she's needed."

The honoree says she "loves her job" and has no immediate plans for retirement.

√ Lucille Neuhauser has assisted at the Scottsburg meal site for 21 years and brings many years of experience in the food service field. She has been the "caretaker of our center in Scottsburg, keeping a watchful eye out from across the street," a Council spokesman said.

√ Cora Norrington has 21 years of service at the nutrition site at Parkview Towers in New Albany where she began volunteering five days a week. She assists at the site and also delivers meals.

The Council spokesman said of the honoree, "She is so dedicated that sometimes neither rain, nor snow, nor sleet keep her from her duties as she walks to the nutrition site."

√Ione Rohde has delivered a hot meal and a friendly smile to 12 hungry seniors in the New Albany area for the past 23 years.

√ Wilhelmenia Turley has assisted 23 years in the kitchen at the Corydon nutrition site.

√ Ed and Kate Weinman have been delivering meals each Thursday for the past 20 years and comprise one of the Council's many husband-wife volunteer teams.

The Council operates 17 meal sites in its congregate program - eight in Clark, four in Floyd, three in Harrison and two in Scott - serving hot nutritional meals five days a week. Clients visiting the meal sites account for 42 percent of meals served.

The Council also sponsors its home-delivered program more commonly known as Meals On Wheels in which volunteers deliver hot meals to persons age 60 or older who are unable to prepare their own meals because of health problems and there is no one in the home to make a meal.

There presently are 22 home-delivered routes which account for 58 percent of all meals served.

For clients who live outside the five-mile delivery radius of the meal site, frozen meals are available for pickup by a member of the family or a friend. Between 300 and 400 persons utilize this service monthly.

A Dial-A-Meal fee-generated program was initiated in 1987 for homebound persons and 19 clients are currently being served.

Donations toward meals are determined by the clients' ability to pay. The average donation per meal was 71 cents.

According to Council statistics for fiscal year 1996, the congregate program served 691 clients, translating into $68,099 worth of meals; 767 homebound persons were served with $103,650 worth of meals. Client donations amounted to $121,280.

Continued on Page 8

Meals On Wheels awards

Continued from Page 3

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Honored for their monetary donations and volunteer commitment were:

* Catholic Community of Sacred Heart, Catholic Community of St. Augustine, Culbertson Ladies Home Board and Floyd Memorial Home Health Care.

Other organizations and individuals who have supported the Council's efforts over the years, but were unable to attend the luncheon, were St. Mark's United Church of Christ, Mr. and Mrs. Robert Waterman, Mr. and Mrs. Douglas Trusner, Austin Lions Club and Historic Kiwanis of New Albany.

Remarks during introductions were made by Donna Greenhill, president of the board of directors; and Sheila Modica, nutrition program director. Closing remarks were delivered by Council Executive Director Pat Jewell.

Master of ceremonies was the Rev. Dean Scott, Graceland Baptist Church.

Staff photo by Don Smith

HONORED FOR FINANCIAL ASSISTANCE to the Meals On Wheels program were, from left, Rick McCollum, Floyd Memorial Home Health Care executive director; Anna Lee, accepting for the Culbertson Ladies Home Board; Dottie Waiz, accepting for the Catholic Community of Sacred Heart; and Tom Horn, accepting for the Catholic Community of St. Augustine. Congressman Lee Hamilton made the presentations.

The Tribune **Local** Friday Oct 18, 1996

Area projects recommended for $16,000 in grant monies

From staff reports

FLOYD CO. — Community Foundation of Southern Indiana President John C. Ragland announced recently that the grants committee has recommended to the board of directors that $16,000 be awarded to 14 community agencies in Clark, Floyd and Harrison counties.

Ragland said, "These are the first grants to be awarded by the Community Foundation of Southern Indiana from it's Unrestricted Fund."

In 1996, over $93,642 has already been awarded by the Foundation in scholarships and other forms of Donor-Designated or Donor Advised grants, he said.

Indiana now leads the nation in the number of Community Foundations, according to John Hartstern, Executive Director. "Thanks to Lilly Endowment and their G.I.F.T. Program (Giving Indiana Funds for Tomorrow), Indiana now has over 65 Community Foundations in the state and over 300 million in endowed assets."

Community Foundations are independent, nonprofit organizations with a volunteer board of directors. They are created to build a permanent resource of funds to help meet community needs today, and the changing needs of future generations.

Hartstern added that the Foundation welcomes and administers donations of all sizes, pooling the funds for more effective professional investment and reduced management costs, thereby increasing funds available for granting. The next grants to be awarded from the Unrestricted Fund will be in the fall of 1997.

Grants awarded by the Foundation include Corydon Public Library, $3,500; Southern Indiana YMCA, $2,000; Falls of the Ohio, $2,000; Floyd County Museum, $1,000; Clark County Health Care Clinic, $800; Interfaith Community Council, $1,000; Our Place Drug and Alcohol Educational Services, $1,000; Hospice of Southern Indiana, $1,000; New Albany Business & Professional Women, $1,000; HOPE Inc., $500; Salvation Army, $1,000; South Central Council on Aging, $500; and the Clark County Youth Shelter, $200.

The Community Foundation of Southern Indiana serves residents of Clark, Floyd and Harrison counties. If your not-for-profit organization or agency would like to know more about the Community Foundation of Southern Indiana, contact its Executive Director, John Hartstern at 948-4662.

36

Tribune 10/17/96

Volunteers are vital to the Meals on Wheels program

By LAURELL SMITH
Tribune Staff Writer

NEW ALBANY — Cora Norrington, Ione Rohde and Ed and Katie Weinmann have one thing in common: Each has provided 20 or more years of dedicated service to Meals on Wheels, a nutrition program for the elderly, which is sponsored by the South Central Indiana Council for the Aging.

Because of their commitment to the program, the council honored the group, along with several other people and organizations at a special volunteer recognition ceremony held at Stumler's Orchard and Restaurant recently.

Sheila Modica, nutrition director at the council, said the volunteers, who have given an average of 16,000 hours of their time over the past several years, are much appreciated.

"We could not do without them; that's the bottom line," Modica said.

Ione Rohde has been delivering meals to the elderly for 23 years, ever since a friend asked her to volunteer. She says helping people is rewarding.

"I'm doing something to help somebody, and I enjoy seeing the people," Rohde said.

Rohde said she has made friends with many of the elderly people on her route, most of whom don't get many visitors.

"I always stop and talk to them because some of them are so lonely," the 72-year-old homemaker said. "Most times I just listen."

Ed and Katie Weinmann of New Albany also care about the people along their route.

"It gives them a meal so they don't have to worry about fixing something themselves," 78-year-old Ed Weinmann said. "At least we know they get one good meal a day."

The Weinmanns deliver meals every Thursday and say it takes less than two hours to complete the route.

But the Weinmanns say they take their volunteer work seriously because they know how important their services are to the people they help.

"I don't just do it one week and quit the next," she said. "It's something that has to be done."

There are 245 volunteers who either deliver meals to the homebound elderly or assist in the daily operation of 17 congregate nutrition sites.

Some volunteers work one to two days; others work five days a week.

Volunteers are becoming increasing important to the continued success of the nutrition program, council officials say.

According to data supplied by the council by the year 2030, the older population is projected to more than double in number.

The 75-plus group will triple, and the 85-plus group will nearly quadruple in size.

Since federal funding for programs such as the nutrition program are shrinking, volunteer support and contributions

TRIBUNE PHOTO BY TRACY CONNELL

Ione Rohde, Cora Norrington and Ed and Katie Weinmann received plaques volunteering 20 or more years to help the Meals on Wheels program.

munity are even more vital, the council says.

Cora Norrington has been volunteering for 21 years because she wants to do her part to help people in the community.

"It's very rewarding to help people," Norrington said. "That's my motto in any field that I do."

Corydon Democrat 11/20/96

Senior Citizens Angel Tree coming to Corydon Wal-Mart

The annual Senior Citizens Angel Tree will be at the Wal-Mart Supercenter Nov. 23-27.

Shoppers who wish to purchase a Christmas gift for a local nursing home resident or homebound senior citizen should visit the tree and select an "angel" card. The angels have been coded with the elderly person's needs.

Purchases are then returned to the Angel Tree at Wal-Mart to be distributed.

The Angel Tree is sponsored by the Salvation Army, the South Central Indiana Council for the Aging, and the Harrison County Human Services Association.

Harrison County's Retired and Senior Volunteer Program (RSVP) provides the staff to work at Wal-Mart. The Rainbow's End Daycare Center provides handmade cards to accompany each gift.

The project annually serves over 100 seniors. Participating nursing homes include Indian Creek Convalescent Center, Corydon Healthcare Center, and Todd-Dickey Medical Center.

Velda Wolfe, caseworker for the Council on Aging, delivers many of the gifts each year to homebound seniors. She said they especially look forward to the cards made by the daycare, but also appreciate the opportunity to request a small item they need but cannot afford.

Cash contributions can be made at the Angel Tree, or tax deductible gifts can be sent to the South Central Indiana Council for the Aging, Harrison County Angel Tree Project, 426 Bank Street, New Albany, IN 47150.

Meals On Wheels volunteers honored at awards luncheon

Staff photo by Don Smith

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Continued on Page 8

38

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TARC to expand its services

By AMY BUTLER
Tribune Staff Writer

Nov 25, 1996

NEW ALBANY — Starting in January, more Southern Indiana residents will have a new mode of transportation.

Transit Authority of River City (TARC) is planning four new Southern Indiana bus routes and one improved route slated for the first of the year, allowing residents of New Albany, Clarksville and Jeffersonville a total of nine bus runs around the region.

"I am so glad and so pleased with the efforts of TARC," said Letty Walter, New Albany City Council's liaison with the Southern Indiana Transit Advisory Group (SITAG). "It's phenomenal how professional and helpful they are."

TARC director of marketing and planning Perry Jacobs said that TARC has been given a two-year, $1 million grant — $200,000 from TARC's budget, the rest is federal — to expand transportation around Southern Indiana.

The new routes, however, are not set in stone. According to Walter, TARC will be testing the proposed runs for convenient accessibility to residents. Bus stops can be added and routes may be changed with regard to customer feedback.

Currently, TARC is planning new runs from:

- View Pointe Apartments on State Street to River Falls Mall in Clarksville via Spring Street.
- Capitol Hills subdivision in Jeffersonville to River Falls Mall via 10th and Spring streets in Jeffersonville.
- River Falls Mall to the New Albany Industrial Park and Indiana University Southeast via Blackiston Mill Road.
- Downtown Louisville (29th and

See *TARC, page 2

*TARC: Federal grant allows for new, expanded routes

Continued from the front page

Broadway) to the New Albany Industrial Park and IUS via Interstate 64 and Grantline Road.

"It is apparent that this is a major issue in our community," said Pat Jewell, president of SITAG and executive director of the Council for the Aging. She cited greater metropolitan accessibility to the elderly and low-income families as two of the benefits of the new routes.

"This is coming at a good time with the whole welfare reform act," she said. "More people from low-income families are going to be working and lots of them are going to be coming in with entry-level salaries. They won't be able to afford a car and attendance is important to keeping a job."

Older people will have more options as well, she said. The Council for the Aging is the only organization in the area to provide specialized transportation for the elderly.

"We have been overwhelmed with calls," Jewell said of the Council for the Aging, which offers rides primarily for doctors appointments, grocery shopping and some banking. "With TARC (the elderly) will be able to go our for social activities like dinner and movies."

Walter noted that helping to decrease pollution would also be a benefit of bus transportation. "We are killing ourselves with pollution," she said.

"We are building for the future. We started kids on recycling about 25 years ago, and now it is turning into a way of life. I think the same thing can happen with bus transportation."

However, Walter said that in order for the new bus lines to work and remain here, residents must be aware that the option exists and that cars are not the only way to get around. "We've got to encourage it and get it started."

When the new routes start in January, Walter said that she and a group of members from the Business and Professional Women organization are going to serve as "conductresses." They are going to ride all the busses, learn the route, then go to various groups around the community to promote TARC.

Energy Assistance Program begins Clark, Floyd Counties

The Tribune Nov 20, 1996

The Energy Assistance Program began operating in Southern Indiana last week. The program is designed to Provide assistance with winter utility bills and is an entitlement for income eligible households. It is operated in Clark and Floyd counties by South Central Indiana |Council For The Aging at the following locations:

- Clark County, Ken Ellis Center, 211 Martin Circle, Jeffersonvillel, 283-7356 or 283-18010 (after Nov. 20).
- Floyd County, Council For The Aging, 426 Bank St., Suite 100, New Albany, 948-18330.

These locations are open Monday through Friday with appointments being scheduled from 9 a.m. to 3 p.m. Households needing crisis assistance but who do not have an appointment should call the appropriate county office or come in with the proper information to process the application. There could be a delay lin service if an appointment has not been made.

Households will be required to bring the following documentation: 12 to 6 months verification of income (check stubs, social security award petters, letters from employers, etc.); current utility bills for both electric and heating vendors; social security numbers for everyone over 1 year of lage in the household; and one other item verifying the correct address.

Applications will not be initiated without proper documentation. Copies of documentation will be kept by the Council For The Aging. Satellite offices will be operating for those households outside lof Jeffersonville and New Albany. The period Nov. 18 through Nov. 30 has been set aside for households of the elderly and disabled.

Schedules for Satellite Offices are:

- Borden Museum, 4091 E. Main St., Borden, Nov. 19, 2 to 6 p.m.
- Charlestown Golden Age Bldg., 625 High St., Charlestown, Nov. 23, 9 a.m. to 5 p.m.
- Fairington Apartments, 2120 Lombardy Dr., Clarksville, Dec. 7, 9 a.m. to 5 p.m.
- Council For The Aging Office, 426 Bank St., Suite 100, New Albany, Dec. 14, 9 a.m. to 1 p.m. (Saturday hours for those who cannot come during regular office hours due to job schedule).
- Parkview Towers, 125 Fisher Dr., New Albany, Nov. 22, 11 a.m. to 4 p.m.
- Sycamore Square Apts., 1743 Culbertson Ave., New Albany, Nov. 21, 11 a.m. to 2:30 p.m.

All homebound persons should call the appropriate county office to schedule a home visit. If necessary, a family member age 18 or older may make application for a homebound person.

The Council For The Aging office in New Albany and the Ken Ellis Center in Jeffersonville will be open Monday through Friday with the following exceptions: Nov. 28 and 29 and Dec. 24 and 25.

On these days the locations will be closed for holidays.

For further information please contact your local county office.

THE COURIER-JOURNAL
MONDAY,
DECEMBER 16, 1996
EDITOR: GREG JOHNSON
PHONE: 582-4667 / FAX: 582-4665

FEATURES

PHOTO BY JAMES H. WALLACE, THE COURIER-JOURNAL

Harriette Friedlander and her husband, Alan Bernstein, cheer on their daughters at a soccer game.

New York's loss is Louisville's gain

Neighbor helps man out of burning house

By CHRIS BIRKE
Tribune Staff Writer

Clients

NEW ALBANY — It's practically a reflex for New Albany firefighter William Barrett to switch on his scanner when he's off duty and hears a fire engine's siren.

But yesterday his scanner failed him.

When Barrett, who lives on West Seventh Street in New Albany, heard sirens yesterday about 3 p.m., he couldn't get his scanner to work.

The blare of the sirens became louder and Barrett soon learned the fire department was parked next to a blaze in the house located across the street from him.

Barrett ran across the street to the burning house of Herman and Katherine Dyer, an elderly couple who Barrett and his family say they watch out for.

Barrett reached the front door of the home at 314 W. 7th St. as a fellow firefighter assisted Herman Dyer, 87, out of the house. Katherine Dyer, 85, had already been escorted out.

"The smoke was so thick that you couldn't see your hand in front of your face," said Barrett, who said the fire apparently somehow started with the refrigerator. "After they brought Herman out I asked him what happened and

See *FIRE, page 3A

Tribune 12/1/96

TRIBUNE PHOTO BY TRACY CONNELL

New Albany firefighters and rescue personnel wheel 85-year-old Katherine Dyer to an ambulance after she suffered smoke inhalation. Dyer's home caught fire yesterday afternoon and the cause focused on a refrigerator.

*Fire: New Albany blaze blamed on refrigerator; residents injured

Continued from the front page

he said the refrigerator caught on fire and just kind of exploded apart."

Barrett said Herman Dyer has in recent years, twice broken his hip and "can't move too good."

Herman Dyer was in the kitchen at the time of the fire. He sustained burns and abrasions on his head and hands, said Barrett's wife, Kitchell Barrett, who had also ran to the scene to assist the Dyers. Katherine Dyer, who had called 911 to report the fire, was in a bedroom when it began.

The couple was taken by ambulance to Floyd Memorial Hospital and Health Services. Katherine Dyer is being treated for smoke inhalation.

William Barrett said the Dyers had lived in the home for about five years and since that time his family had become close to them.

Said the Barrett's daughter, Rebecca: "They're like grandparents to me."

ElderServe director making an impact in her adopted city

By FRAN ELLERS
The Courier-Journal

Harriette Friedlander is one of those people whose calculated risks always seem to pay off:

■ In 1972 she joined a tiny program to help elderly survivors of the Holocaust. She helped build it into one of New York's biggest and most innovative programs for the elderly.

■ In 1985 she was one of two women in the country who tried an experimental drug to help them ovulate. It worked — she got pregnant on the first try, delivering twin girls at the age of 40.

■ In 1995, frustrated by her lack of time with those daughters, Friedlander and her husband, Alan Bernstein, started looking for a lifestyle change. She visited Louisville on a lark, and before she knew it, was offered the job as executive director of ElderServe, the city's oldest program for aging citizens.

It didn't take her long to decide.

"If God offers you a job you never applied for in a place you want to live," she said, "you just hold your nose and jump."

Friedlander landed in an agency that lost a fourth of its budget shortly after she got there, and a community that's completely different from New York. Cracking the car pools and arranging play dates for the girls is as big a challenge as anything.

But if you would expect Friedlander to be overwhelmed, think again. She has already become a catalyst for change in Louisville.

From Friedlander's perspective, Louisville is a *great* place to try new things: small enough to experiment, big enough to be a model for other cities. At ElderServe, for instance, she wants to put welfare recipients to work helping the elderly in their homes.

"She's a great thinker," said Nancy

See FRIEDLANDER
Page 5, col. 1, this section

BY PAM SPAULDING, THE COURIER-JOURNAL

Barbara Dowell, left, talks with Friedlander at the Oak and Acorn Center, a Russell neighborhood center where ElderServe helps operate an intergenerational program.

How to find services for the elderly

Harriette Friedlander is executive director of ElderServe Inc., a non-profit agency that provides various services for the elderly, from recreation to home care to making telephone checks.

ElderServe will also do research for people who are looking for services for their elderly relatives, for a fee. (It also will help you for free on a limited basis.) The number is (502) 587-8673.

Here are other area agencies that can help you find services:

Kentuckiana Regional Planning and Development Agency, or KIPDA, **(502) 266-6084.** This agency helps finance many of the elderly services in the area and can help steer you to what's available.

The Aging Resource Center, (502) 589-4941. This Louisville group keeps up with all available services and can route you to the appropriate ones at no charge. Also, for a fee, they can do much of the research for you.

The Metro United Way, 589-4470 or (800) 541-6882. This Louisville agency, another source of money for many area agencies, can refer you to the ones that seem most appropriate.

South Central Indiana Council for the Aging, (812) 948-8330. Based in New Albany, this office can route you to services available in Southern Indiana.

The Association of Older Kentuckians, (800) 200-3633. This group can help you find resources in other communities throughout Kentucky.

Elder Care Locator Line, National Association of Area Agencies on Aging, (800) 677-1116. This number provides information about elderly services in other communities across the country. (Recent publicity has made this line very popular, so you may have to let it ring a long time.)

Energy Assistance Program

The Banner-Gazette Dec 11, 1996

South Central Indiana Council for the Aging will be taking applications for the Energy Assistance Program at the Borden Museum on Thursday, December 19 from 2 p.m. to 6 p.m.

The museum is located at 4091 E. Main Street in Borden. This program assists low income persons with their winter heating bills.

Households are asked to bring the following documentation: verification of income for the previous 12 months (check stubs, social security award letters, letter from employer, etc.); current utility bills (for electric and heating vendors); social security numbers for everyone in the household over 1 year old; proof of date of birth; and one other item verifying the correct address.

Applications will not be initiated without proper documentation. Copies of documentation will be kept by the Council for the Aging.

If you have any questions or need additional information, please call (812) 283-8010.

Quartet to perform

TRIBUNE PHOTO BY TRACY CONNELL

Today will be the last day to see the Graceland Baptist Church's Buffet Dinner Theatre. Dinner will be served at 6:30 p. m. and the curtain will go up for "Four Tickets to Christmas" a dramatic musical at 8 p. m. Members of the Lamplighters, the Playhouse's resident barbershop quartet perform a number. From left are Marty Ward, Mike Burdette, Dean Scott and Jay Snyder.

Board Member Tribune 12/15/96

The Scott Co Journal & The Chronicle *Staff Photo by MARCUS AMOS*

The Austin Car Club sponsored a car show on Sept. 7 to help raise money for the Meals on Wheels program, which benefits elderly persons by supplying meals delivered to them in their homes. The Wal-Mart Supercenter in Scottsburg donated a matching amount to the program.

A total of $700 was presented to Meals on Wheels. From left are Sheila Modica, nutritional director for Meals on Wheels, Richard Dozier of the Austin Car Club, and Steve Hall, co-manager at the Scottsburg Wal-Mart Supercenter. Sat Dec 21, 1996

INDIANA FAMILY & SOCIAL SERVICES ADMINISTRATION
"People helping people help themselves"

Evan Bayh, Governor
State of Indiana

Div. of Disability, Aging, and Rehabilitative Services
402 W. WASHINGTON STREET, P.O. BOX 7083
INDIANAPOLIS, IN 46207-7083

Cheryl Sullivan, Secretary

January 6, 1997

TO: All Area Agencies

FROM: Mike Hinshaw

RE: State Aging and In-Home Services
Round Table News Releases

We are returning the News Release items that were displayed at The State Round Table, which was held March 5, 1996.

We thank you for providing these articles for this event.

NEW 1/28

SENIOR RALLY DAY

January 29, 1997

SCHEDULE FOR THE DAY

10:00 AM - 11:30 AM	**Meetings with Legislators, Tours of the State House**
10:00 AM - 11:30 AM	**Refreshments in Rotunda**
10:00 AM - 11:30 AM	**Music by Mary Murphy, Pianist**
12:00 NOON - 1:00 PM	**Lunch (On Your Own)** *Box Lunches Provided with Prior Reservation*
1:00 PM - 2:30 pm	**PROGRAM - In Rotunda of State House- North Atrium**

Opening Ceremonies-

Welcome and Introductions by Co-hosts representing the 1997 Senior Rally Day Planning Committee:

Chris Williams - Citizen's Action Coalition
Nancy Griffin - Indianapolis Resource Center for Independent Living

Presentation of Colors -	**Clarence A. Cook, Chapter of the Sons of the American Revolution, A National Award Winning Color Guard**
National Anthem -	**Phyllis R. White, Indianapolis**
Pledge of Allegiance -	**Anne Niequist, President , IRTA**
Invocation -	**Pastor Sherman Lester Associate Pastor, Eastern Star Church, Indianapolis**

Presentation of the Senior Rally Day Proclamation -

The Honorable Frank O'Bannon, Governor

Remarks by:	**The Honorable John Gregg, Speaker of the House The Honorable Pat Miller, Senator**

KEY LEGISLATIVE ISSUES:

A New Vision for Long Term Care: Paul Severance - United Senior Action

Living Options for the Elderly : Evelyn Phillips - AARP

Recognitions and Closing
Retiring of the Colors

46

A wet day at the office

Leaky toilet causes flooding to local business

Asst. Fire Chief Steve Byrd, right, points out a flooded area on the second floor of the Commerical Building to Max McPheeters, a PSI employee who was called in to shut off electricity to the building until water could be stopped and equipment unplugged from flooded areas in the office building.

TRIBUNE PHOTO BY DON BECK

From staff reports

NEW ALBANY — Fire department officials said a leaking toilet led to the evacuation of a downtown New Albany business early yesterday morning. Several offices are located in the The Commercial Building at 426 Bank St.

New Albany Fire Department Maj. Stephen Byrd said about four people had to leave the building because a large amount of water was leaking from the third floor through the ceiling, walls and most openings. With the electricity on and much debris falling from the ceiling, the firefighters got everybody out to avoid the chance of injury. No one was injured.

Byrd said power was shut down by PSI Energy and the water company shut down the main which distributes water to the building.

The building received much internal damage, Byrd said. Ceiling tiles and carpet seemed to receive the most damage. Officials said they aren't sure if any computers or electric office machines were damaged by the water.

Byrd said the owners of the building, the Spriglers, were trying to get the damages fixed yesterday afternoon and hoped to get people back in the building today.

Tribune 1/24/97

NEW ALBANY

Long-delayed nursing home back on track

Bethany Healthplex has state approval, its developer says

By BEN Z. HERSHBERG
The Courier-Journal

The long-delayed plans for a 100-bed nursing home on Green Valley Road in New Albany are moving forward again, although the uncertain status of a state law casts doubt over the timing for construction of the $3.5 million home, to be called Bethany Healthplex.

"We've got all our state approvals," including from the Health Department and the building commissioners, developer Duke Harter of New Albany said yesterday.

Harter said he already had obtained the necessary approval from local agencies and the Indiana Department of Environmental Management — as far back as 1994, when he first proposed the idea.

But plans for the 41,000-square-foot building opposite the 4-H Fairgrounds were stymied in 1995 when the State Board of Health decided it would approve only 40 new nursing-home beds for Floyd County — and awarded them to the Robert E. Lee retirement home on Elm Street.

Harter's plans got a new lease on life last spring when the state's certificate-of-need law lapsed and a bill extending it was vetoed by then-Gov. Evan Bayh. The law required that the Health Department approve any new nursing-home beds in the state.

(The Indiana House last week overrode Bayh's veto of the bill extending the certificate-of-need law for two years, and it is expected to go to the Senate soon.)

In the meantime, Harter said, he received Health Department approval of his construction plans. His lawyers and consultants believe that as a result, the project can proceed even if the Senate also overrides Bayh's veto and restores certificate-of-need restrictions.

Harter plans to break ground in mid- to late February after getting confirmation from the Board of Health that he has the necessary approval. He expects the building to be completed before the end of the year.

Harter said the home will have 60 nursing beds, including an Alzheimer's unit, and 40 assisted-living beds. It will be operated by Sage Health Services Inc. of Evansville under a 20-year lease and will employ 60 to 90 people.

Mayor Doug England said yesterday that he was pleased to hear about Harter's plans. He said there is a growing need for nursing-home beds in Floyd County.

England noted that the nursing home had been controversial in part because of area sewage problems, which he said have been cleared up.

Harter said his 1995 feasibility study showed a need for 160 nursing beds in Floyd County. He said he's not concerned about the Robert E. Lee home's 40-bed expansion, now under way, and the more than 60 beds that are being added in the new Providence Retirement Home.

Harter said some Southern Indiana families must travel long distances to visit relatives who have been crowded out of local nursing homes by Kentuckians during a moratorium on adding nursing beds in the Louisville area.

Copyright Ed Code 2/97 Courier-Journal 1/30/97

Seniors rally for additional home health care funding

By Kara L. Massey
STAFF WRITER

The choice to move a loved one into a nursing home is heart-wrenching. And while most would rather find help to keep their elderly parents and grandparents at home, the Indiana Medicaid program primarily pays for only nursing home care.

But Hoosiers want more options.

Almost 800 senior citizens from throughout the state met at the Statehouse on Wednesday to make that point known.

Not only did they talk to legislators, they also collected signatures on a letter to Gov. Frank O'Ban- asking for additional funding home and community care.

In 1987, Indiana instituted CHOICE — Community and Home Options to Institutional Care for the Elderly and Disabled. It is a program to help pay for home health care for Hoosiers who would otherwise be forced into a nursing home.

This state-funded program was available statewide by 1992, and about 3,000 people are being served by CHOICE. The cost of about $700 per person per month is about one-fourth the cost of nursing home care.

But most families cannot afford home health care. There are almost 2,500 elderly Hoosiers on a waiting list for CHOICE funding.

Rep. Win Moses, D-Fort Wayne, and Rep. Vaneta Becker, R-Evansville, have authored four bills to reduce dependence on institutionalization and shorten this waiting list.

"Among all states, Indiana has almost the highest percentage of its seniors in nursing homes. The minute they become ill, they are pushed into a nursing home," Moses said.

House Bill 1393 appropriates $38 million in additional funding for CHOICE — for a total appropriation of about $93 million over the next two years.

Extra funding would provide services for those currently on the CHOICE waiting list. Until recently, family members and elderly Hoosiers could apply for the state's Medicaid Waiver program, which pays for home care using a waiver from federal rules that ban the use of Medicaid funds for that purpose.

But on Jan. 9, state officials announced a freeze on the waiver program because it was limited to serving 2,500 people in the fiscal year, and that limit had been reached.

In hope of extending that limit, House Bill 1396 was introduced to direct the state division of disability, aging and rehabilitative services to assist the office of Medicaid in pursuing these waivers.

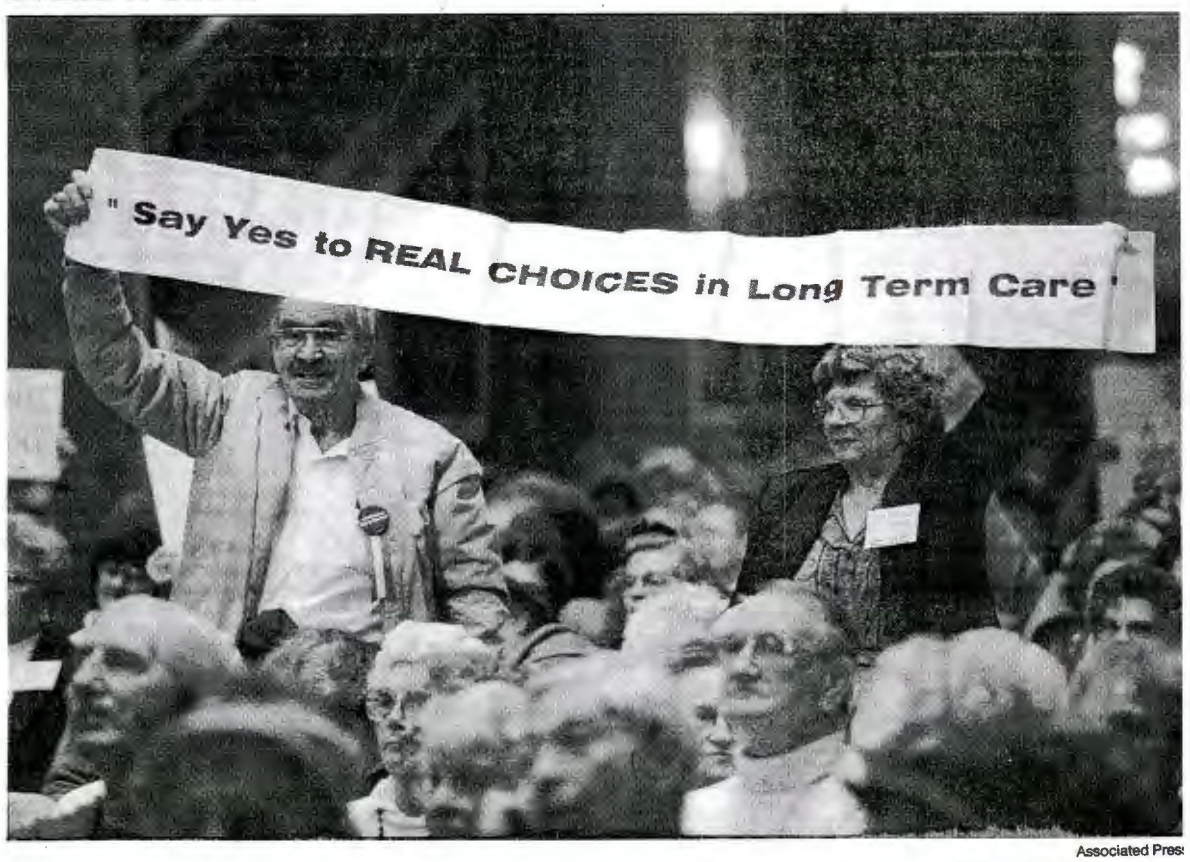
House Bill 1394 and an identical proposal, Senate Bill 391, would give the CHOICE advisory board the responsibility for developing recommendations to the General Assembly for a long-term care system. It would be based on better home- and community-based services and reduce the state's reliance on Medicaid-funded institutional care.

Staff Photo / Frank Espich

SENIORS RALLY: David Mason of Seelyville videotapes the gathering at the Statehouse.

TAKING A STAND

Indianapolis Star 1/30/97



Associated Press

Gilbert Reynolds and his wife, Frances, of Jeffersonville show their support for home health care on Senior Rally Day at the Statehouse, where about 800 senior citizens from across Indiana gathered Wednesday. Story on Page B6.

48

Seniors stage rally for home health care

Hundreds urge state to increase funding for CHOICE plan

By KEN KUSMER
Associated Press

INDIANAPOLIS — Hundreds of senior citizens from across the state went to the Statehouse yesterday to rally support for expanding the CHOICE home-health-care program and other proposals.

They want the state to put more money into programs that would allow them to receive health care in their homes instead of being forced to receive nursing-home care paid for by Medicaid.

CHOICE, a 10-year-old program for the elderly and the disabled, pays for care by medical professionals, necessary structural improvements in homes and other steps that help people remain independent.

"I think most older people feel nursing homes are warehouses for the dying. It depresses me even to go to a nursing home," said Vic Shuman, 76, a retired firefighter from New Albany.

He and other senior citizens came to Indianapolis to learn more about the legislative issues affecting them, meet their elected representatives and tour state offices. Organizers expected around 1,500, but unofficial counts placed the crowd at about half that.

"They need to know the people they elect and how things operate," said Helen Stites, 77, of North Vernon, who identified herself as the vice chairwoman of the Jennings County Democratic Party.

Gov. Frank O'Bannon, in his State of the State address on Tuesday night, listed increased home-care choices for older Hoosiers as an issue facing the legislature.

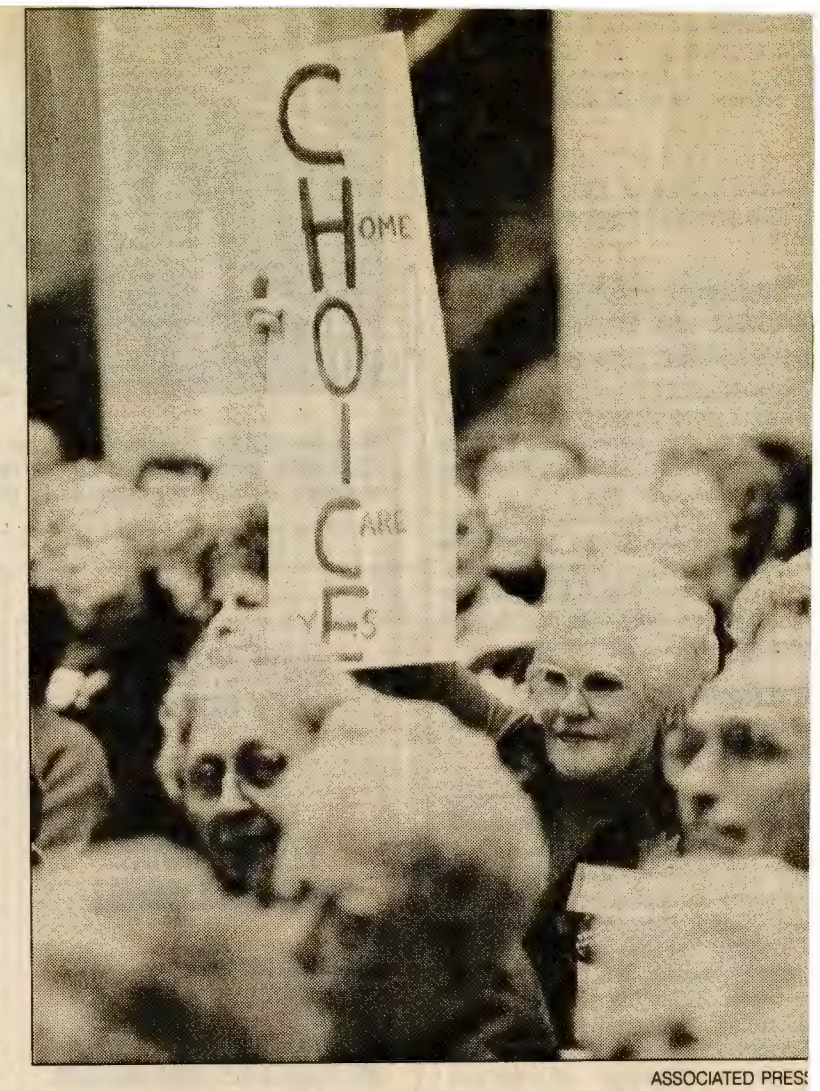
That point wasn't lost on John Cardwell, who lobbies on behalf of seniors for the Citizens Action Coalition. "We're happy that increased funding for home care is on the agenda," he said.

Legislation introduced in the General Assembly would increase funding for CHOICE by $38 million, to a total of $93 million, during the next two-year budget cycle. Another bill would require the state advisory board on CHOICE to assess state funding to all forms of long-term care and make recommendations to the General Assembly in two years.

It's all part of a strategy that reduces dependence on institutionalization and redirects state resources to home- and community-based care.

"Right now 85 to 90 percent of our total investment is in institutional care," Cardwell said. "That's just bad public policy. It should be at least 50-50."

Courier Journal 1/30/97



ASSOCIATED PRESS

Kathleen Perry of Indianapolis showed her support for the CHOICE home-health-care program during yesterday's rally at the Statehouse.

Senior issues up for consideration

CONNIE**SIPES**

Guest Column

The 1997 session of the General Assembly is under way. The actions we take this session will have a major impact on Hoosier senior citizens.

This is the year in which legislators must adopt a new, two-year state budget. Legislators must decide how much the state will spend on programs affecting seniors.

I will actively work for the appropriation of additional state funds for Indiana's home health care program known as CHOICE (Community and Home Options to Institutional Care for the Elderly and Disabled). This program was authorized by the 1987 General Assembly to enable senior citizens and the disabled who are "at risk" of entering a nursing home or some other longterm care facility the opportunity to receive health care services in their homes.

Studies reflect that most seniors tend to recover more quickly in their homes than they do in an institutional setting. Furthermore, home health care has been shown to be very cost-effective.

While I strongly support the CHOICE program, I believe it has never been adequately funded. In most areas of Indiana, there is a long waiting list of 2,400 citizens already qualified to get on the program. Many others are in the process of qualifying.

The current recommendation included in the new budget for the CHOICE program is $28.1 million. At the same time, Hoosier taxpayers will spend nearly $700 million in Medicaid funds for the elderly in nursing homes. Many of these seniors could be cared for at home at considerably less cost if the Legislature would appropriate more funds for CHOICE. It has been estimated that an additional $11 million is required to properly fund the program. I totally support appropriating enough money to adequately fund this program.

Demographically, we as a state are becoming older. The need for health care services for older Hoosiers will increase significantly over the next two decades as the Baby Boomers head for retirement. This "graying" of Indiana threatens to push Medicaid costs through the roof. However, investing more funds in CHOICE can help slow the rise in medicaid costs.

A number of other bills being considered this session deal with the CHOICE program. House Bill 1393 would appropriate a total of $93 million for CHOICE during the 1997-99 biennium. This, of course, represents a considerable increase over the current level of spending.

HB 1396 would direct the state to pursue all Medicaid waivers for home and community-based care that can realistically be implemented in Indiana. Under the waiver system, Medicaid funds can sometimes be used for home health care. However, Indiana has not always been very aggressive in pursuing these waivers.

HB 1012 would establish a dedicated fund in the state budget for CHOICE. This means that CHOICE funds could not be sued for other purposes or revert to the state general fund if there are unused funds at the end of the fiscal year or biennium.

I serve as author on SB 364, which would provide that appropriations in the 1997 budget for CHOICE may not be used to provide the nonfederal share of the Medicaid aged and disabled waiver or as matching funds for any other Medicaid program. I support all of these initiatives.

Senior citizens and groups representing 12 organizations from all across Indiana recently gathered at the Statehouse for a nonpartisan rally in support of programs and initiatives to benefit older Hoosiers. During the rally, the seniors called for:

- Quality, integrated, accessible and responsible services for the elderly.
- Freedom of choice in planning and managing one's own care.
- Access to a wide array of longterm care options.
- Freedom to choose living at home or in the community for as long as possible.

I agree with these goals. We as a state can and must do more for your seniors.

As your state senator, I would like to know your views on this issue. Please feel free to contact me toll free by calling 1-800-382-9467 or write me at: Statehouse, 200 West Washington Street, Indianapolis, IN 46204-2785.

State Senator Connie Sipes is a Democrat from New Albany.

Tribune 2/4/97

Our thoughts...

CHOICE program is worthy investment

The Tribune 2-10-97

SPENDING money to make money is a concept that business operators are familiar with, but the logic is seldom applied in the General Assembly, which normally is concerned with the bottom line and little else.

When lawmakers look at budgets for programs, such as the CHOICE program, that would help seniors stay in their homes longer, the prime consideration is how much the increase is over last year's budget. They don't think about investing in one program to save money overall. That's why CHOICE has had the respect of Rodney Dangerfield over the years, and probably why it will continue to to suffer from lack of funds this year. And, unfortunately, that's why Medicaid costs associated with housing seniors in nursing homes will continue to rise.

Sen. Connie Sipes, in a guest column on Tuesday, wrote about the importance of the CHOICE program, and built a convincing case for increasing the funding. Hoosier taxpayers are spending nearly $700 million in Medicaid to care for the elderly in nursing homes, and that amount could be lowered considerably if more people were allowed in CHOICE. About 2,400 Hoosiers eligible for CHOICE are on the waiting list that's growing.

Clearly, there's a great need for the CHOICE program — and it's a need that will become more profound as the Baby Boom generation grows older. Considering the cost of Medicaid, the $28 million budgeted for CHOICE and the $11 million additional funds to make the program fully functional is a bargain for the state.

Banner Gazette 2/19/97

Hobart Beach Upcoming Events

Daily

Ladies Auxiliary Lunch ..... Except Saturday, 11 a.m. to 2 p.m

Thursday, February 20

Bingo ..... 7:30 p.m.

Friday, February 21

Dinner ..... 5 p.m. to 9 p.m.
Free Dance Downstairs ..... 8 p.m. to 12 a.m.
The McKain Band

Saturday, February 22

Breakfast ..... 8 a.m. to 10:30 a.m.
Dance in Ballroom ..... 8:30 p.m. to 12:30 a.m.
Bill Riley Band

Funds Still Available for Energy Assistance Program

South Central Indiana Council for the Aging is still accepting applications for the Energy Assistance Program in Clark County.

Income eligible individuals may apply for assistance to help pay winter heating bills. A one time benefit of $200 is available.

If your household income is at or below 125 percent of the poverty level and you are responsible for paying your heating and electric bills, you may qualify. You may qualify for partial assistance towards your electric bill even if your heat is included in your rent.

You do not need a disconnect notice to apply.

Eligibility requirements are as follows:

No. in Household	125% of Poverty
1	$9,675
2	$12,950
3	$16,225
4	$19,500
5	$22,775
6	$26,050

For additional information, please call (812) 283-8010. Information will be provided regarding needed documentation.

Tribune 2/26/97

Nutrition Awareness Day scheduled in March

From staff reports

The South Central Indiana Council for the Aging, Inc. will host "Nutrition Awareness Day" on March 5 in Clark, Floyd, Harrison and Scott counties. Governor Frank O'Bannon has proclaimed the week of March 3-7 as "Nutrition Awareness Week."

The event is sponsored by the Indiana Family and Social Services Administration, the Indiana Association of Area Agencies on Aging and the Indiana Nutrition Directors.

The event is part of the celebration of "National Nutrition Month" in March.

This year's theme is "All Foods Fit, Times Change but Nutrition Remains." Information on how to eat healthy while enjoying a variety of foods and incorporating physical activity as a way to balance high calorie foods and prevent chronic diseases will be provided. A country style lunch will also be provided along with other festive activities.

Reservations can be made by calling 948-8330. The deadline for reservation is March 3. Persons interested in learning more about the Elderly Nutrition/ Meals on Wheels Program, location of the nearest site or possible volunteer work, call the South Central Indiana Council on Aging at 948-8330.

Weatherization assistance programs being offered to low-income, elderly

Corydon Democrat 2-26-97

The Hoosier Uplands Economic Development Corp. announces the availability of Weatherization assistance programs in Harrison, Floyd and Clark counties.

"Weatherization is an energy conservation program designed to save energy, which is a non-renewable resource, and reduce the impact of rising energy costs to low-income persons, particularly the elderly and handicapped," said David L. Miller, executive director.

This is accomplished through the performance of diagnostic tests and the application of energy conservation measures; insulation; air sealing; weatherstripping; door and window replacements; and waterheater/furnace tune-ups and modifications.

Services are confidential, of high quality and valuable, Miller said. Both homeowners and renters may apply.

To see if your household qualifies, contact Hoosier Uplands Community Services, 328 Court Ave., Jeffersonville, IN 47130 or call 1-812-284-0685 or toll free 1-888-453-1411.

"We are pleased to offer this service and are very proud of the program in Harrison, Floyd and Clark counties," said Miller.

50

THE EVENING NEWS 2/22/97

INSTEAD OF TRADITIONAL TREATMENT, MANY PATIENTS ARE OPTING FOR HOME CARE.

Feeling at home

Above, Norma McGloshen leaned over and gave her mother Katherine Pierce a kiss goodbye before going to a doctor's appointment. Below, Kathy Hilleshein of SpectraCare checked Katherine's vital signs during a visit to the home.

HER SHOPPING list in hand, Norma McGloshen stops at the recliner by the window where her 91-year-old mother rests.

"I'm going now mother," McGloshen says after she kisses her mother, Katherine Pierce, on the cheek. "I'll be back in about an hour."

"Take your time, dear," Pierce says with a pat on her daughter's hand.

At the door McGloshen looks hesitantly over her shoulder.

Margie Baylor, a homemaker attendant providing respite through the Visiting Nurse Association, gives an affirming nod.

McGloshen smiles. Her mother will be well taken care of.

Three years ago, simple trips to the grocery store or outings with her friends were something McGloshen took for granted.

But in May 1994 when her mother broke her hip in a serious fall, life changed dramatically for both mother and daughter.

Pierce, a fiercely independent woman, was no longer able to care for herself. McGloshen, who did not feel her mother's

CONTINUED ON PAGE A2

STORY BY ELIZABETH VEGA ■ PHOTOS BY C.E. BRANHAM

Home-health care is becoming a trend in the medical world

CONTINUED FROM PAGE A1

condition warranted a nursing home, suddenly found herself overwhelmed with a new responsibility as a round-the-clock primary care giver.

While McGloshen admits that she enjoys helping take care of her mother, she also readily admits the demands can be tiring.

"It slowed me down quite a bit," McGloshen said. "I used to be able to get out and do things, but now everything has to be planned. At first it was hard because it was a 24-hour responsibility," McGloshen said. " I would have to get up with her every 45 minutes throughout the night to take care of her needs. Now it is better because she can do some things for herself but sometimes there is still not enough hours in the day."

McGloshen has been helped by the assistance she receives from home-health care agencies.

Currently, a home-health care aide from Spectra-Care visits the home three times a week to help Pierce with her daily needs like bathing and dressing.

Baylor also comes at least twice a week so McGloshen can run errands and take some time for herself so she doesn't get burned out.

The care, however, is a patchwork of services, paid for in part by her mother's Medicaid, insurance and supplemental grants like the Choice Program — a state funded resource.

When time limits from her insurance run out or when funds run short McGloshen must once again care for her mother on her own, until the time another medical need will occur and warrant the care once again.

Her problem is not unique. With an aging population many families are facing the prospect of caring for aging parents.

According to Pat Jewel, executive director of the counsel for aging, people like McGloshen wishing to take care of loved ones at home face an increasing problem.

Despite the fact that studies have shown home care can ultimately lower health-care costs as well as improve the quality of life for the elderly, allotted state and federal Medicaid funds for nursing home care is more expensive than home-health care.

In 1996 over $600 million in state and federal dollars was spent on nursing-home care, versus the $122 million spent on home-health care services.

The result of this shortage of funding is year-long waits for clients to be approved and receive home-health care assistance and ultimately more money spent in the long run.

"We have waiting lists as long as 18 months," said Vickie Medlock, director of home health services for the Council for the Aging. "Often what occurs is that by the time their name comes up to receive home health care, they have passed away or have been put in a nursing home because the family has exhausted all their resources and could no longer meet their needs."

McGloshen was lucky, she applied for home-health care assistance through the Choice program in May and was approved for care by November with actual care taking place in January.

Others were not.

Medlock said that between Oct. 1 and Dec. 31, 1996 there were 762 potential home-care clients placed in nursing homes. All of them would have been better served by an in-home, community-based program if the resources had been available.

With the average cost of nursing-home care costing $2,200 per month, Medlock said the price tag for just one year of care for these 762 client-would be over $20 million.

But had the resources for home-health care been available to these clients the cost would be significantly lower. The average cost for home care is $607 per month so the price to provide home-health care services to these same patients would be only $5 million.

The total savings for the year would have been over $14 million had funding for in-home services been available.

"What we are seeing is a change in the health care system as we know it," Jewel said. "The mission of nursing homes is changing and federal funding has not kept up."

Medlock said that the population in nursing homes consists of two groups, the severely physically impaired, who require round-the-clock care, and an ever growing sect that requires short-term rehabilitation care.

"It is not unusual to have a large portion of a nursing home population stay 30 to 90 days and then return home."

"Home-health care is the trend," said Jewell. "The fact is that more people want to stay in their own homes as long as possible. Nursing homes serve a significant need in the community and there are a lot of good nursing homes in the area, but if you ask, the majority would prefer to stay in a home situation as long as possible."

Pierce is one of them.

"A lot of people think it is an honor to grow old but I don't think so," Pierce said, her eyes filling with tears. "I don't think anybody wants to be waited on by somebody else. I don't like that I have to be taken care of but at least I'm lucky enough to have daughters that want to be around me. At least I get to be with my family."

McGloshen agrees: "I'm not against nursing homes. They help a lot of people but she likes being at home with her family."

She looks at her mother and adds: "Here I know she is being taken care. This is something I can do for her that makes her life easier."

'All Foods Fit' Slogan for Nutrition Awareness Week, March 3 to 7

Elderly Scott County residents as well as Hoosiers with disabilities who participate in the federally-funded nutrition program operated in a four-county area in Southern Indiana will be celebrating Nutrition Awareness Week March 3 to 7.

Sheila Modica, nutrition director for the elderly nutrition and Meals on Wheels programs for the South Central Indiana Council for the Aging, also noted that the observance coincides with the 25th anniversary of such programs.

Nutrition programs are under the umbrella of the Older Americans Act., and 25 years ago, the federal nutrition program began as a research and demonstration pilot program to address the nutritional needs of the elderly.

The South Central Indiana Council for the Aging Inc. will be hosting Nutrition Awareness Day on Wednesday, March 5, in Scott, Clark, Floyd and Harrison counties.

The theme this year will be "All Foods Fit: Times Change But Nutrition Remains," advised Modica. Information on how to eat healthy while enjoying a variety of foods and incorporating physical activity as a way to balance high calorie foods and prevent chronic diseases will be provided.

A country style lunch will be served along with other activities.

"Most Americans think healthy eating means giving up the foods they like best," Modica related. "With a bit of nutrition know-how and a healthy dose of physical activity, all foods can fit into healthy eating styles."

The South Central Council has two sites for lunches in Scott County. The Scottsburg Senior House is located at 183 South Second Street. It may be reached by calling 752-4134.

In Austin, the Jennings Township Senior Center is open each weekday for lunch. It is located at 92 Broadway Street, and the phone number is 794-4212.

Information about the Meals on Wheels program and the lunch program may be obtained by calling the centers or the Council at 1-812-948-8330.

Sunday Mar 1, 1997

Ledger-Tribune April 20, 1997

Four-year-old Kimberly Newman, center, looks content with the fact a chicken is taking a rest on her head. She was visiting the Ken Ellis Senior Center with her grandmother, Joyce Rutledge, second from right. At left is Hazel Henson.

Tribune 4/21/97

TRIBUNE PHOTO BY DON BECK

Awards for support

South Central Indiana Council for the Aging recently recognized two local community service organizations for their continued support of the elderly and persons with disabilities. The Family Service Bureau in New Albany and the Cernter for Lay Ministries in Jeffersonville were honored at a luncheon. Shown from left presenting the awards are Barbara Crecelius, president of the advisory board for the council; Vickie Medlock, in-home service director at the council; A. C. Johnson, director of Lay Ministries; Mary Ann Carnighan, director family Service Bureau; and Pat Jewell, director of the Council for the Aging.

"People helping people help themselves"

Frank O'Bannon, Governor
State of Indiana

Indiana Family and Social Services Administration
402 W. WASHINGTON STREET, P.O. BOX 7083
INDIANAPOLIS, IN 46207-7083

Katherine L. Davis, Secretary

NEWS RELEASE

For immediate release April 14, 1997

EARLENE BENNETT TO RECEIVE SPOTLIGHT AWARD

Earlene Bennett of Jeffersonville, executive assistant for South Central Indiana Council for the Aging and Aged, Inc., has won the management teamwork Spotlight Award for the second quarter for going well beyond her job's requirements in serving the aging population.

Mrs. Bennett will be recognized April 16 at 11:30 a.m. in South Central Indiana Council for the Aging and Aged, Inc., at 426 Bank St., Suite 100, New Albany. The Spotlight Award is given jointly by the Family and Social Services Administration and the Indiana Commission on Aging. Mrs. Bennett's award is for "Teamwork," the 1997 second quarter theme.

Despite her management status, Mrs. Bennett has pitched in to head an agency team that cleaned and painted an elderly couple's home, working on a Saturday that happened to be her birthday. She has cheerfully shared her computer expertise with others on the staff, saving the agency time and training dollars.

She volunteered for nine hours of Saturday duty taking energy assistance applications recently, when one of the employees assigned to do so became ill. She worked eight hours without a break as she and two fellow employees assisted 91 clients.

For more information:
Patricia Jewell, Executive Director, Area 14: 812-948-8330

Equal Opportunity / Affirmative Action Employer

THE SPOTLIGHT IS ON YOU!

NAME: Earlene Bennett

OCCUPATION: Executive Assistant

FAMILY: Husband, Mike Bennett,
Son, Mike Bennett Jr., 2 Grandchildren

HOBBIES/ INTERESTS: Sewing, Babysitting Grandchildren, Board Games

Despite her management status, Mrs. Bennett has pitched in to head an agency team that cleaned and painted an elderly couple's home, working on a Saturday that happened to be her birthday.
She has cheerfully shared her computer expertise with others on the staff, saving the agency time and training dollars.

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56

King and queen for a day

TRIBUNE PHOTO BY CHARLES CONRAD

The Ken Ellis Center in Jeffersonville recently held its annual 'Senior Prom' and crowned their king and queen. Dr. Wallace Askew, right, applauded as Donald Luttrell was crowned king and Betts Webb this year's queen.

The Tribune 05/27/97

South Central Indiana Council for the Aging honored outgoing board members. Pictured from left are Pat Jewell presenting awards to Tom Horn, Walter Carter and Donna Greenhill. Pictured at far right is Thelma Bertrand, former director. Not pictured are Joyce Brown and Max Mason.

STAFF PHOTO BY DON SMITH

Evening News 6/25/97

Ken Ellis Senior Happenings

The Tribune 8-28-97

This fall is shaping up as a exciting time for seniors in their lives. Were all getting in shape with a special senior exercise program from 10-10:30 with Rodger and Julie each Wed. Morning. Come sing the oldies have a great time with friends carry the tunes to nursing homes with us. Practice each Thurs. 10-11:30 with Luke on Karoke.

Calling all Travelers? Garden Ridge Shopping Tour Friday Sept.12-Chicago tour Sept. 16-19-Outlet Shopping and Cracker Barrel Oct. 7-Kingfish Wed. October 15-Christmas Tour in The Smokeys with 2 big shows "Louise Mandrell" and at the Eagle Theater "Jim Ed Brown, shopping lights Dec. 1-3. Deposit is due on Christmas Tour now of $25.00.

Were a meal site now so come and eat with us. $1.75 and reservation must be turned in by 12 the previous day. Your support is needed.

Fall Crafts are being made at the center now. We have just finished dressing the dolls for the children at Christmas for the Salvation Army. Special thanks to the seniors and Millie Dickerson for the beautiful hand crochet dresses. Sponsored by the South Central Indiana Council for the Age call Sue Johnson for more information at 283-7356. Ken Ellis Center is at 211 Martin Circle, Jeffersonville.

Ken Ellis Center Happenings

Bean Bag Buddies are all the rage and at Ken Ellis Senior Center, 211 Martin Circle were making the animals by the dozen. This is one of the many crafts for August.

During the Dog Days of August our monthly dinner will be Thursday August 21 with entertainment by George Schroeder from New Albany and Gospel by Dwight Ashley. Meal Reservation has be turned in by Mon. noon of that week. You can make your reservation by calling 283-7356.

Spaghetti dinner with the trimmings $1.75 for all. American Eye will be doing the screenings at 10:30.

Area 14 Day at the Indiana State Fair is Friday August the 8th. We will take a bus leaving the center at 8AM and our entertainment for the senior citizens building will be Louisvilles own Rachel Renee Conglin, luke Vest on Karoke, Anita Richman and Sherri Hatton singing Gospel and the Ken Ellis Singers will open the program with Elvira.

New Exercise Program starting Aug. 20th. Wed. at 10 AM. witb Julie Wilson and John from the Jeffersonville Parks Dept. Come and enjoy senior fitness with us.

For more information about our active center come and visit or call Sue Johnson at 283-7356. Sponsored by the South Central Indiana Council for the Age and City of Jeffersonville Parks and Recreation, Clark County United Way.

Tribune 8/13/9

Seniors earn accolades for helping others

One specializes in woodworking, another is a mover and shaker, a third tutors and visits nursing-home residents, and the fourth helps others in times of disaster and stress.

Each of these four individuals recently was named a senior citizen of the year for 1997-98. Two are Louisvillians, who will be honored Oct. I during Jefferson County's annual Autumn Years celebration. The other two are Hoosiers who were chosen by the South Central Indiana Council for the Aging & Aged.

AL ALLEN

PRIME TIME

Here's an introduction to them. First the Louisvillians:

IF YOU were to add up the overlapping years Collect E. Hamrick has been volunteering with various civic and religious groups, they would total far more than his 80-year lifespan.

"I like to stay busy," the retired Ford Motor Co. parts-control and scheduling specialist said. "I always have some projects going."

Just one example: Hamrick is an accomplished woodworker, with a basement full of equipment, lumber and partially completed devices. Each year he creates 20 or 30 pull toys and doll cradles as part of a project of the KYANA Woodcrafters Club to supply Christmas toys to the Salvation Army for needy children.

He also has put these skills to work for St. Matthew's Episcopal Church, where he serves as building and maintenance chairman. In addition to supervising such things as plumbing and painting, he has made small tables that flank the altar and a sign for the church exterior that reflects changes of liturgical seasons.

The Visiting Nurse Association, too, has benefited from these skills. Hamrick has made a library, shelves, doors and counters for the organization.

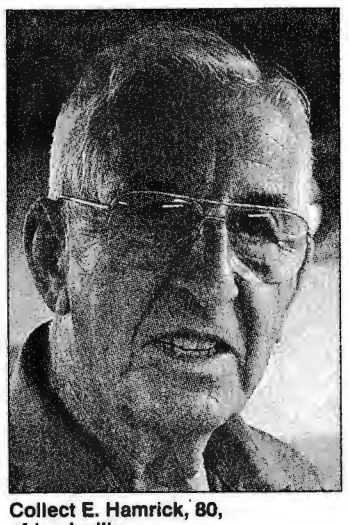
Hamrick and his wife, the former Tillie Milleck, both Michigan natives, also volunteer at the Louisville Zoo, where they work on the newsletter, membership mailings and Halloween and Christmas parties.

He has been associated with the Louisville Sister Cities program for 14 years, and visited the city of Tamale in Ghana some years back to help plant trees. In a smaller venture of international good will, he went to Guatemala City with a delegation of Episcopalians from Western Kentucky in the mid-1970s to help build an addition to a school.

Two years later Hamrick returned to Guatemala. "It was finished, and there were about 200 kids attending there," he said. "It was utterly gratifying."

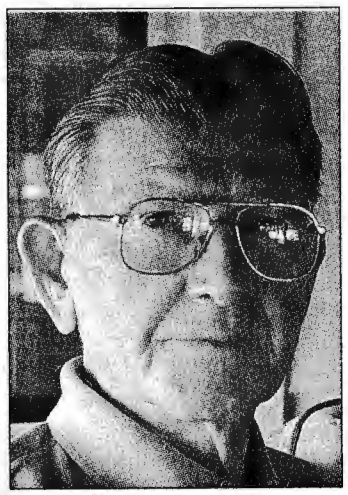
Hamrick later helped persuade the St. Matthews Lions Club to sponsor another school in Guatemala. He has also been a member of a crew from St. Matthew's Episcopal that builds houses for the poor under the Habitat for Humanity program.

Though he's a member of Midland Trail Golf Club, "I can't be out playing golf every day," he said. "I've got to be contributing something to the community."



Collect E. Hamrick, 80, of Louisville

Floye E. Beam, 89, of Louisville



Thomas Horn, 85, of Jeffersonville, Ind.

Pauline O'Shell, 79, of Scott County, Ind.

FLOYE E. BEAM, Jefferson County's other senior citizen of the year, doesn't kill time either.

"I always could outwork everyone," she said.

Beam, 89, who cannot account for her unusual given name and prefers to be called "Flo," came to Louisville from Ohio County at 17. Almost immediately she got a sales job with Bacons Department Store. Over the years she also worked in sales for Jefferson Dry Goods Co. and J.C. Penney, managed the cafeteria at the Old Greenwood Elementary School and packed powder charges at the old Army Ammunition Plant in Charlestown, Ind.

Eventually she quit work to care for her ailing husband, Lloyd Beam, a finisher for Reynolds Aluminum Co., with whom she had three children.

Though she had always helped people — visiting the sick and assisting a Dixie Highway doctor in giving shots and delivering babies — her volunteer work picked up steam after Lloyd Beam's death in 1976.

Having learned first aid from the Red Cross during World War II, she returned to the organization on its disaster-relief teams and the Bloodmobile. During this year's flooding, she ran the evacuee shelter at Valley High School.

Beam also helps Metro United Way regularly with mailings; organized and has served as president of the Live Wire Senior Club at Beechland Baptist Church; assisted in setting up a nutrition site at Sun Valley Community Center; and has worked as a "foster grandparent," helping first-graders learn spelling and reading at Greenwood Elementary School.

"I'm not home much," she said.

THOMAS HORN, 85, of Jeffersonville, Ind., says of his lifetime of volunteer service to his community: "I never thought it was a big deal."

However, the South Central Indiana Council for the Aging & Aged considers it a very big deal, and selected him as this year's Older Hoosier of the Year.

Horn, a native of Jeffersonville, started to work at the Indiana Quartermaster Depot after high school. He interrupted that job for service in the Army during World War II, serving as a tech/sergeant at an ordnance depot in Normandy.

After the war he returned to the Quartermaster Depot in supply management until it closed in 1957. He then worked under the Army's logistics unit at Fort Knox until retiring in 1970.

Horn put in 16 years as a board member of the council on aging, two of them as president; spent a decade as a member of the Jeffersonville Redevelopment and Housing Commission; has been state president of the National Association of Retired Federal Employees; and has been active in the Knights of Columbus, American Legion and the Benevolent and Protective Order of Elks.

As a member of St. Augustine Catholic Church, Horn has served on the parish council, was chief usher and for 10 years coordinated the nursing-home visitation program. He also drives shut-ins to medical appointments, stores and social events.

Horn has proved to be a good bargain for the volunteer community, which gets two for the price of one. His wife, Florence, known better as Jolly, is his partner in much of his civic service.

"We always were used to doing things for people — both of us," Horn said. "Whatever we do, we do together."

SOUTH-CENTRAL Indiana's Senior Volunteer of the Year, Pauline O'Shell, 79, "just loves" to go to nursing homes. She visits three of them in Scottsburg, Ind., each week, talking with residents and helping them if she can.

"It's rewarding," she said. "Some of the people there don't have anyone to go see them. They let you know they're grateful for you to come."

O'Shell was born and educated in Indianapolis and moved to Louisville in 1974 after she married the late David O'Shell, a machinery service specialist. She did secretarial work in both cities, for 11 years at the Louisville Boat Club and nine at the Bingham Child Guidance Clinic in Louisville, from which she retired in 1985.

She began volunteering in Indianapolis after hearing a priest discuss problems of people who were imprisoned. She and a group of friends began working at the women's prison there, tutoring inmates in academic subjects, crafts, home health and things they needed to know in order to get and hold outside jobs.

Feeling that "I had to do something after 50 years," she returned to volunteering after retirement and offered her services to the Council for the Aging & Aged. She found plenty to do.

She is a council advisory-group member and also serves with the Retired & Senior Volunteer Program (RSVP) in Scott County, where she lives in a log house on five acres bordering a rural road. She has been involved in area Senior Games, the Angel Tree project, the United Way campaign, the Scott County Literacy Council and Prison Aid by Citizens Efforts (PACE).

O'Shell also has coordinated the Love Bear project, in which volunteers make teddy bears that police use when dealing with abused children, and a program in which clothing is made for dolls given to needy children.

O'Shell is particularly adept at one-on-one encounters, which accounts for her interest in nursing-home visitation, and for a recent return to tutoring on a small scale.

She has been approached to conduct literacy programs in prisons as she did in Indianapolis, but feels she's not qualified to take on the responsibility of large groups. "If it was one-on-one, though," she said, "I'd do it."

Goodbye and thanks

Michael Hetzel, center, was recently honored with a plaque by the South Central Council on Aging and Aged for his service to the organization. He is retiring from the council as well as the Social Security Administration. Council executive members pictured with Hetzel are Walter Carter, Pat Jewell, Joyce Brown, and Donna Greenhill.

The Sunday Ledger-Tribune, September 7, 1997

Out-going board members

SUBMITTED PHOTO

Patricia Jewell, (center) executive director of South Central Indiana Council for the Aging, recently presented plaques to two outgoing members of the agency's board of directors. Max Mason Sr., (left) of The Title Company, served for 19 years; and Joyce Brown, (right) of NBD served 10 years.

Silver Linings

The Tribune, Monday September 29, 1997

Commitment to Excellence

South Central Indiana Council for the Aging staffer wins award

From staff reports

NEW ALBANY — Vickie Medlock, a South Central Indiana Council for the Aging employee was recently recognized with the State Spotlight Award for "Commitment to Excellence".

The award was presented at the agency's 1997 Staff Appreciation Day. Representatives from the Bureau of Aging and In-Home Services attended the program, including Shelia Kellebrew, Fred Miller, and Janice Miller.

Medlock has been an employee of South Central Indiana Council for the Aging for over 17 years. She began her service with the agency in 1980 when she was hired for the position of Secretary/Bookkeeper for the Retired Senior Volunteer Program. She has since been promoted four times. With each promotion, she has assumed ever increasing responsibilities and her current position of In-Home Services/Advocacy Director is one of key importance to the agency. In this role, she is responsible for nearly $2 million in home care money, from multiple funding streams, and oversees a staff of 18 individuals. She is responsible for securing vendors for the In-Home Services Program and maintaining vendor and community relationships. Because of her vast experience working with the elderly and persons with disabilities, she is often involved in problem solving for those consumers with unique problems.

MEDLOCK

According to the State Spotlight Award committee and the South Central Council for the Aging, Medlock is a compassionate, caring person with a strong work ethic who has developed multiple skills over the years. She is an individual who maintains a high level of professionalism at all times and whose dedication and commitment to excellence contribute significantly to the overall excellent reputation of the agency. Medlock is one who never gives less than the very best and she has high expectations of those under her supervision. She is consistently involved in staff development which helps others achieve their very best as well.

Medlock is often consulted by others around the state in matters related to the efficient, effective administration of in-home services. She has a reputation at the state, as well as the local level, for producing excellent results and is always willing to share her experience and ideas with others. One of her greatest strengths is her ability to organize not only work but people! This skill enables her to efficiently m. age an enormous work load and juggle multiple responsibilities.

Medlock is the mother of two small children, a daughter age 4 and a son age 9 months. She and her husband, Steve, have been married for 17 years.

Pat Jewell, dirctor of the South Central Council for the Aging, said Medlock represents "Commitment to Excellence" to the highest degree. This same commitment is present in both her personal and professional life. She sets an example for others and has made a significant difference in the lives of those she touches.

The Tribune, Wednesday
October 8, 1997

Local

TRIBUNE PHOTO BY TRACY CONNELL

Donation

A donation was made recently to South Central Indiana Council for the Aged and Aging. The donation was made in the memory of Col. Don Larson, who for many years was the Riverfront events director for the city of New Albany. The donation was made possible by the mayor's office and the City Council working together. Pictured, left to right, are: Councilmember Letty Walter; Pat Jewell, executive director of South Central Indiana Council for the Aged and the Aging; and Mayor Doug England.

60

Two older volunteers awarded for efforts

From staff reports

NEW ALBANY — On Oct. 17, the South Central Indiana Council for the Aging recognized two special volunteers for their outstanding volunteer efforts.

Thomas Horn, of Jeffersonville was recognized as the 1997 Area 14 (Clark, Floyd, Harrison and Scott counties) Older Hoosier of the Year. Pauline O' Shell, of Underwood was recognized as the 1997 Senior Volunteer of the Year. The two awards are given annually by the council to recognize the volunteer efforts of persons age 60 and over who live in Clark, Floyd, Harrison, and Scott counties.

Horn is a lifelong resident of Jeffersonville where he lives with his wife, Florence "Jolly" Horn. Horn, with Jolly by his side, has volunteered in his community numerous times over the course of his marriage — some 56 years.

Horn was a 16-year member of the Board of Directors of South Central Indiana Council for the Aging. He retired in May of this year. He held the office of president for two years and of vice president four years. He has been supportive of agency programs and projects throughout his tenure and was always available for consultation.

Horn is a member of the following organizations: Knights of Columbus, American Legion, Elks Lodge, and National Association of Retired Federal Employees. He held the office of state president of NARFE and traveled to many conventions as guest speaker. He has volunteered his time to these organizations and others as well whenever the need arose.

The Horns are members of St. Augustine's Catholic Church in Jeffersonville where they are actively involved in social and civic programs. He also served as coordinator of the nursing home visitation program for 10 years. This group consisted of eight church members who visited a local nursing home twice a month to play bingo with the residents. They also provided home baked cookies and other goodies. Horn said he is fond of his memories of the nursing home bingo remembering that everyone "won" with a little help from Jolly.

Other volunteer activities are provided by the Horns one on one. They provide transportation to those who need it for medical appointments, grocery shopping and social activities. Jolly makes all the arrangements and Tom does the driving.

Horn said he is not one to "toot his own horn" and he wonders why he is being honored for his good work. But Pat Jewell of South Central Indiana Council for the Aging and Aged, Inc. said it isn't a mystery to those who know him. "He is a caring, unselfish and remarkable person and is truly an advocate of the elderly and those less fortunate than he," she said.

Jewell also said O'Shell is an avid volunteer. "She is a modest, humble lady who thinks her volunteer efforts, in her words, are 'not that big of a deal'." Interestingly enough, O'Shell lists volunteerism as one of her hobbies. She declined the agency's offer to name her the Older Woman of the Year several years ago. She prefers to go about her volunteer efforts without recognition and simply wants to help others as long as she is able, she said.

As an active member of the Retired and Senior Volunteer Program, she gets involved in nearly every aspect of that organization. She has been on their advisory council, has been the liaison to other advisory councils, chair of the Scott County Advisory Council and vice chair of the Combined (four county) Advisory Council. She coordinated the Love Bear project in Scott county in which volunteers hand craft teddy bears that are given to local law enforcement agencies to use when dealing with abused children. O'Shell also coordinated the RSVP and Salvation Army Doll Dressing program for three years. This project involved sewing or knitting clothes for dolls which are given to needy children.

O'Shell currently serves on Area 14's Advisory Council and as a result, has heavily involved herself in numerous agency functions such as Senior Games, Senior Citizens Angel Tree and United Way of Scott County campaign.

Other volunteer activities include visiting local nursing home residents where she reads and writes letters for residents, acting as a chaperone on trips, and assisting with planned activities. She has even purchased needed personal items for residents out of her own pocket and makes sure residents who do not have families are remembered at Christmas. She is a member of Prison Aid by Citizens Efforts and has served on the board of directors as well as volunteered her time to tutor inmates. She is also a member of the Scott County Literacy Council.

O'Shell also does one-on-one volunteering. She visits people who are sick and homebound to offer assistance or to brighten their day with pleasant conversation. She transports individuals to medical appointments, to the grocery and on other errands. She also helps fill out insurance claims for seniors.

O'Shell is one of a kind, said Jewell, and always willing to assist individuals in need as well as the Agency no matter what the task.

Helping hand

New Albany Tribune 11-12-97

Energy Assistance Program to help needy with heating costs

From staff reports

The Energy Assistance Program began locally on Monday.

The program is designed to provide assistance with winter utility bills and is an entitlement for income eligible households. The benefit amount will be determined by a number of factors, household size, income, elderly/disabled or children in the household, type of dwelling, type of fuel used and employment status.

The program will be operated for the second year in Clark and Floyd counties by South Central Indiana Council for the Aging at Hoosier Valley EOC, 1613 E. 8th St. in Jeffersonville for Clark County residents and the Council for the Aging, 426 Bank St., Suite 100 in New Albany for Floyd County residents.

These locations will be open Monday-Friday with appointments being scheduled from 9 a.m. to 3:30 p.m. Individuals from both counties should call 948-8330 or (800) 986-3505 for an appointment. There could be a delay in service if an appointment has not been made.

The period Nov. 10-21 has been reserved for households of the elderly, disabled and those in need of immediate assistance due to impending service shut off. All other eligible households may apply beginning Nov. 24.

Family members, age 18 or older, may make application for a homebound person. All other homebound persons should call to schedule a home visit.

Households will be required to bring the following documentation: previous 12 months income verification (check stubs, social security award letters, letters from employers, etc.); current utility bills for both electric and heating vendors; social security numbers for all persons in household over 1 year of age; and one other item verifying the correct address.

In addition, utility accounts must be in an active status as Energy Assistance cannot restore service which has been turned off. Applications will not be initiated without proper documentation. Copies of documentation will be kept by the Council for the Aging.

Satellite offices will be operated for persons who do not reside in the Jeffersonville-New Albany area as follows:

• Clark County — Golden Age Building, 625 High St. in Charlestown, Monday, Wednesday and Friday, 8 a.m. to noon; Borden Museum, Dec. 4, 4091 E. Main St. in Borden, from 2 to 6 p.m.; Fairington Apartments, Nov. 18, 2120 Lombardy Dr. in Clarksville, 9 a.m. to 3:30 p.m.

• Floyd County — Beechwood Recreation Center, Nov. 25, 210 Kelley Dr. in New Albany, 9 a.m. to 3:30 p.m.; Sycamore Square Apts., Nov. 20, 1743 Culbertson Ave. in New Albany, 9 a.m. to noon; William O. Vance Recreation Center, Dec. 9, 1120 Dennison Ct. in New Albany, 9 a.m. to 3:30 p.m.

The offices will be closed for the following holidays: Nov. 27 and 28; Dec. 24 and 25; and Jan. 1 and Jan. 19. For additional information, call 948-8330.

62

Santa Claus dropped in at River Falls Mall over the weekend. Above, Santa gives a handshake to Andrew Mitchell, 2, of Clarksville; at right, Santa hears Christmas wishes from Andrew and Andrea Beyerle of Sellersburg.

TRIBUNE PHOTOS BY TRACY CONNELL

Angel Tree at River Falls

From staff reports

CLARKSVILLE — River Falls Mall will again play host to the annual Senior Citizen Angel Tree and allow area residents to assist older adults who need it this holiday season.

The Senior Citizen Angel Tree was originated in 1989 by the South Central Indiana Council for the Aging and the Salvation Army. The Senior Citizen Angel Tree grew out of an ever increasing need to remember older adults who reside in nursing homes or are homebound.

The older adult who qualifies (due to lack of funds or having no family to remember them) fills out a "wish list." The most needed items on the "wish list" are usually clothing, pajamas, gowns, sweatsuits, shoes, underwear and toilet articles. These "wish lists" are then put onto an "Angel."

The Angel Tree will be set up at the River Falls Mall through Nov. 27. Shoppers can choose an "Angel" and shop from that person's "wish list." The name of the

See *TREE, page 2

*Tree: Special holiday activity at River Falls

Continued from the front page

recipient in the nursing home is not given to the shopper. The first name has a code number to keep the identity of the resident unknown. Presents are then returned to the Angel Tree and stored at the Council for the Aging until their delivery time.

For more information about the project, call 948-8330.

4 Golden Opportunities, Jeffersonville, Ind., Tuesday, April 21, 1998

'Meals On Wheels' a valuable asset for elderly — thanks to volunteers

By SHEILA MODICA
Council for Aging Nutrition Director

Many begin as "temporary" volunteers. They agree to help out for a few weeks. The weeks turn into months, months into years.

Others are inspired to serve because the "Meals On Wheels" program provides a vital service to someone they know. They come from all walks of life — most are retired, others are still actively employed but have some time to share.

Whatever their reason, the 200-plus volunteers who give that precious commodity —"time" — to the Elderly Nutrition/Meals On Wheels program are a vital resource to its success.

Network of services

The Elderly Nutrition Meals On Wheels program is part of a network of services for the elderly administered by the South Central Indiana Council for the Aging Inc. Monday through Friday, between 11 a.m. and 1 p.m., volunteers assist in serving approximately 650 older folks in 16 congregate nutrition sites and deliver, via 22 meals on wheel routes, a hot and nutritious noon meal in Clark, Floyd, Harrison and Scott Counties.

Riverview Towers in New Albany is just one location you will find this vital resource. The volunteers who dedicate all or a portion of their day at Riverview to help in the congregate sites feel rewarded and fulfilled at the end of their shift.

Volunteer tasks vary

Jacie, Hazel, Jessie, Edna, Ann and Kay comprise the "volunteer crew" at the towers. Many of them live at Riverview where their daily activities consist of dipping meals for home-delivery and congregate serving, packing coolers and wrapping silverware, among other tasks.

The congregate nutrition sites provide not only a meal but socialization and companionship for many of the folks who attend. For those receiving meals. their socialization and companionship is provided by the volunteer driver.

Driver's contact vital

Our drivers, in many instances, are the only person that individual may have contact with in a day's time. Surveys and questionnaires completed by Meals On Wheels participants show the meal ranks second to the daily contact received from the volunteer drivers.

One such driver knows the importance of that contact with clients on her route. Jessie has volunteered at Riverview Towers for three years. "I was suffering from a real state of depression and decided I needed to make some changes," she said. "I went downstairs one day (she lives in building) and asked if they could use some help."

"Prayers answered"

Della, the site manager, said, "Jessie answered her prayers; we really needed her help." On the days she is not delivering, she can be found helping in the kitchen.

Jessie delivers about 18 meals. Wednesday is her normal day to deliver, but she always makes herself available when the need arises. Jessie said "the clients are glad when I deliver because I take time to chat for a few minutes or help them with a simple, daily chore like bring in the newspapers or mail."

Perform simple chores

Delivering meals may also include changing a lightbulb, opening a jar or their carton of milk, watering plants or opening their drapes — all simple tasks, unless you are not able to do them yourself.

This year, the South Central Indiana Council for the Aging Inc. will celebrate 25 years of providing community and in-home based services to the elderly. Many of these 200-plus volunteers, as well as some clients will mark 25 years

The Tribune, Wednesday,
April 29, 1998

TRIBUNE PHOTO BY PAUL SCHELLENBERGER

VOLUNTEER DAY — Robert E. Lee Inn Retirement home recently held their annual banquet for the observance of volunteer recognition month. Sharon Schroder, administrator, is shown with banquet speaker Pat Jewell, director of South Central Council for the Aging.

Council for the Aging will host 'Nutrition Awareness Day' March 18

The Tribune March 17, 1998

From staff reports

NEW ALBANY — The South Central Indiana Council for the Aging Inc. will be hosting "Nutrition Awareness Day" On March 18 in Clark, Floyd, Harrison and Scott Counties. This is part of a state-wide awareness to address the importance of proper nutrition as we age.

This year, Governor Frank O'Bannon proclaimed March as National Nutrition Awareness Month throughout the State of Indiana. This effort is sponsored by the Indiana Family and Social Services Administration, The Indiana Association of Area Agencies on Aging and the Indiana Nutrition Directors Association. In celebration of "National Nutrition Month," the elderly and Hoosiers with disabilities, participating in the federally funded nutrition programs across the state, will enjoy a nutritious meal and participate in a variety of activities.

The theme this year will be "Make Nutrition Come Alive; It's All About You." Information on how food plays an important part through all life stages especially through the aging process. Information will be provided on how medications impact your appetite and the effect on vitamin and mineral needs. A special lunch and other festive activities are planned.

Reservations can be made by calling the Nutrition Program at the Council for the Aging by calling 948-8330. The deadline for reservations is March 17.

64

Ken Ellis Senior Center to host upcoming tours

From staff reports The Tribune
April 1, 1998

JEFFERSONVILLE — Step into spring with the Ken Ellis Seniors at their newly-refurbished building at 211 Martin Circle here.

The center has a wonderful program for all seniors — members can choose from multiple sessions from painting on glass, making decorated Easter note cards, exercise and fitness to honoring the center's "Sparkling Jewels."

Nutritional meals are served each day for $1.75.

Upcoming tours include:

• Forest View Gardens, with entertainment and excellent cuisine. Leaving at 8:30 a.m. and returning at 6 p.m. on Thursday, April 16

• Kentucky Flea Market, Friday, April 24.

• Churchill Downs, Wednesday, April 29.

• Derby party, Friday, May 1. Cost is $2.50 per person. Music by Gomez One-Man Band." Bring a decorated horse hat! Reservations a must.

• Jays Restaurant, Wednesday, May 13.

For more information about these tours or activities at the Ken Ellis Senior Center, call 283-7356.

The Sunday Ledger-Tribune,
April 26,1998

*Volunteers: Meals on Wheels provides vital service to area

Continued from the front page

drivers and wrapping silverware.

"I enjoy staying busy and helping people. When I retired, I started delivering meals at Riverview Towers because they needed me," Forshee said.

Sewell has been assisting in the kitchen at Mark Elrod for the last two years. She sums up her volunteer experience as: "If you enjoy doing something, you really don't mind doing it; it is a joy."

These nutrition sites provide not only a meal but socialization and companionship for the people who attend. For individuals receiving Meals on Wheels, their socialization is provided by the volunteer driver. Sometimes this is the only person that the individual may have contact with. According to Sheila Modica, nutrition director for the program, surveys and questionnaires completed by Meals on Wheels participants show the meal ranks second to the daily contact received from the volunteer drivers.

Carl Sears knows the importance of that contact with the clients on his route. He has volunteered his time at Mark Elrod for seven years. Since his retirement from Mutual Trust Bank, Sears has been an active volunteer. Besides delivering meals, he volunteers for the Georgetown Volunteer Fire Department as their spokesperson for the WHAS Crusade For Children.

In addition to delivering meals, Sears also may bring in the mail or newspaper, change a light bulb or sometimes water plants. All simple tasks, unless you are unable to do them for yourself. Sears delivers meals to 11 people on his route, but the number often varies. He always delivers on Tuesday and Wednesday, but is subject to call when other drivers can't come in.

"It is something I really enjoy, I like meeting and talking with the people, I really look forward to going back, you get to know them.

Sears was raised in Georgetown, where he lived for 50 years before he and his wife moved to New Albany in 1987.

According to Modica, Sears, Sewell and Forshee are part of a generation who truly want to give back to their community and to remain active and fulfilled in their retirement years.

The continued growth of this volunteer program will allow the council to continue and improve the vital services they offer to the area's seniors. Time commitment varies from one to three hours a day, as little as one day a week. If you would like to volunteer call Sheila Modica at (812) 948-8330. They have a site location or a Meals on Wheels route to fit your needs.

Meals on Wheels provides vital service

By DAWN FOLEY
Tribune Staff Writer

NEW ALBANY — Throughout the country this week, organizations, business and groups honored their volunteers as part of National Volunteer Week.

The South Central Council for the Aging and Aged offers a very beneficial program to area seniors. The Meals on Wheels program delivers hot lunches to the homebound who are not able to prepare food for medical reasons, have a difficulty getting around, or who are confined to bed because of illness. The council in addition to the home delivery offers a congregate nutrition program on site at Mark Elrod Towers.

Volunteers provide their valuable services Monday through Friday between the hours of 11 a.m. and 1 p.m. They assist in serving approximately 650 people in 16 congregate nutrition sites and 22 volunteers have Meals on Wheels routes, delivering a nutritious noon meal to people in Clark, Floyd, Harrison and Scott counties.

Several of the volunteers have given their time to the program for many years. One such volunteer is Vernie Forshee, who has worked with the program for 18 years — 14 of those at the site in Austin, Tx., and the last four here in New Albany at Mark Elrod Towers. She is known as the "the gopher" at the towers where she is also a resident. "I go for this, that and everything for those at Mark Elrod who can't do for themselves," said Forshee.

Forshee and Jessie Sewell's, also a resident of Mark Elrod Towers, day consists of food preparation, dipping meals for home delivery and congregate serving, packing coolers for the

Carol Kimberlin Scott Co I+A assisted in housing assessment + selection.

Scott Co Journal 5/2/98

United Way workers have a ball helping others

by MARTY RANDALL
Staff Writer for *The Giveaway, The Scott County Journal, The Chronicle*

7 a.m. rolled around pretty early Saturday, April 25, for about 80 people who volunteered their muscles for the first "Day of Caring" organized by United Way of Scott County Inc.

The day had been designated as a time to help residents of the community with house repairs. Sponsors either donated money to buy materials and supplies, helped with food and drinks for volunteers or organized teams of participants or all of the above.

As participants milled about the room at Scottsburg First Christian Church, organizers made sure each registered, got his or her T-shirt and informed each of the task to be tackled that day. A breakfast of fresh fruit and doughnuts donated by Jay C Food Store and Dolly Madison Thrift Store attracted some while others stood patiently and visited with fellow volunteers while awaiting the nod to move out and begin work on 15 houses.

The houses, advised Ed Caum, were selected randomly and had been pre-inspected to determine the breadth of repairs needed. Each was owned by its elderly occupants and several "...really needed attention. When you're on a fixed income and it's just you, it's easy to let things slide. Our job was to do what we could to help the residents," explained Caum.

Crews were assigned to sites in Lexington, Blocher, Scottsburg and Austin, according to the tasks which needed to be performed.

Following some last-minute instructions from a hyper Caum and an official photograph of those participating on the teams, the group split up and each headed out to assigned worksites.

With $2,500 in cash donations received, materials had been purchased by United Way. King Machine Company, Irving Materials Inc. and Holm Industries went a little further and also provided materials. Guthrie Development brought equipment. The City of Scottsburg donated the use of a garbage truck to haul trash away. The official driver that day was Mayor Bill Graham.

Teams were connected via cell phones, donated for the day by Phillips Network. The entire event was filmed by a student crew from WAHS, the television studio at Austin High School.

Each sponsor provided "...something that was needed to get the job done, whether it was a pair of helping hands or a cool drink to enjoy during a break," noted Caum.

Some crews cleaned homes. Others ripped out rotted flooring and repaired bathrooms and porches or painted.

American Plastics, which provided three work teams, also purchased flowers and mulch to brighten up a few yards for elderly occupants.

Everyone was busy, stopping only to take a lunch break to enjoy pizzas provided by Papa John's and beverages donated by Coonies Super Valu and Pepsi-Cola Bottlers.

To end the day, all teams reported to Kidsplace in Scottsburg to rake and generally clean up the grounds of that family service institution. The children's playground was re-mulched and flowers were planted.

"Really, we're still not finished with the work. We're still painting at a house in Blocher, and we need to get a shower stall donated for a couple's house so we can complete their bathroom," related Caum.

The director said he recently learned that the Guthrie team donated a new water heater to another elderly couple when it was discovered their present heater was malfunctioning.

"Our teams did it all - and more," he observed.

Those sponsors providing teams included American Steel Cord, American Plastics, Broady Construction, City of Scottsburg, Futures UnLimited, Goodwill Industries, Guthrie Development, Bank One and Scott County 4-H.

Funds were provided by Freudenberg NOK, Genesis Plastics, King Machine Co., Holm Industries, Green Banner Publications, American Plastics and the Scottsburg Kiwanis Club.

Volunteers' T-shirts were donated by Wal-Mart. Some of the cost of printing them was absorbed by New Hope Industries.

With all of the manpower figured in, the entire day of work would have probably cost upwards to $10,000 if contracted out, Caum said.

"We had good cooperation at all sites. We even attracted a few walk-ons who had heard about the Day of Caring and just wanted to help. Yes, we plan to do this again next year. Who we will target next is kind of up in the air. It might be the elderly again or some other group," the United Way executive stated.

He added that people with suggestions about next year's Day of Caring are welcome to call the United Way office at 752-2586.

"We're open to all ideas," he said.

Insurance advisory program for seniors is underutilized

Courier Journal 5-15-98

DALE MOSS

LaRue Janes doesn't breathe like he should, the effects of emphysema. He figured having his home's heat ducts cleaned could help.

Janes can't get up and down his stairs easily, either. One of those lifts would be nice, as well.

So would having the aid covered by Medicare. Would it be, Janes asked the stranger he'd called.

The answer Sue Mosley checked on and got for Janes, a 78-year-old retired jeweler in Jeffersonville, wasn't what he had hoped to hear. Nonetheless, he understood. "There's rules," he said. And Janes appreciated having someone handy, and friendly, to wade through those rules. Mosley was eager to fit that bill.

"Helping people is what we're here for to begin with," Mosley said.

"I enjoy knowing the people and I enjoy helping them."

A retired teacher in Sellersburg, Mosley is one of the 300 or so volunteers in Indiana who sit by the phone with such free advice for seniors and their families. They would seem to be a valuable resource; surely few stumble through the murky, fine-print world of Medicare and supplemental health insurance and the like without stubbing a toe now and then.

Yet Mosley and some of her colleagues in the Senior Health Insurance Information Program are often idle. "It seems like it's a well-kept secret," said Carol Kimberlin, a volunteer in Scott County. Their manuals at their sides, they'll go days without a call, their knowledge and willingness wasted. If nothing else, pending changes in Medicare might prompt an increase in demand. "It's like golf," said volunteer Tom Austin, of Charlestown. "If you play, you improve."

"The hardest thing is getting people to realize we're here," said volunteer Patty Cress.

"They think we're going to sell them something," said Austin.

Yes, the word "insurance" can spook people, but no, all SHIPP provides is independent guidance, backed by 40 hours of training per helper. Recruited to complement government employees, the volunteers are the heart of an effort based on the assumption that there are more questions than answers.

"They (government officials) know people don't understand the rules," said Cress, of Charlestown, herself a federal employee before retiring.

The few who do ask questions ask all sorts. Fine. Whatever's the problem. SHIIP volunteers handle most matters by phone, but they're willing to meet or visit. They've sorted through bills and have walked people through insurance options. "Sometimes it just makes people feel better to talk," Cress said.

A woman who called Cress didn't realize she was eligible, under her home health coverage, for more than the one bath per month she was getting. In such instances, Cress advocates as well as advises. "I called her insurance company," Cress said. The woman now is regularly clean.

"It makes you feel good, but it's frustrating in those cases where there's nothing you can do," Cress said. "There are things in the system — certain people will fall through the cracks."

Mosley told a caller not to pay an emergency room bill at an out-of-town hospital. Her insurance policy should cover the expense, Mosley said, and eventually it did. "Older people want to pay too soon," Mosley said.

"The bottom line is saving them money."

Another Mosley caller needed a break on attorney's fees and Mosley knew a referral. Cress linked a woman needing expensive prescription drugs to a pharmaceutical association that'll provide pill relief. Cress also persuaded a woman to prepay her funeral and, in general, to put her estate in order. Cress relishes any chance to encourage people to plan.

"We're not going to solve all the problems," Cress said. "But we can point people in the right direction."

Just not enough people seek that direction. About 3,000 calls per month come through the program's toll-free number, a veritable pittance of what would seem probable. As regional SHIIP coordinator Gene Oster put it, "We have an awful time getting people to understand these are well-trained volunteers."

•

Not all counties have SHIPP volunteers, something the program i seeking. To volunteer, call (800) 452 4800. For a volunteer's help, call 256 7409 in Clark; 738-8143 in Harrison; 265-5211 ext. 129 in Jefferson; and 752-5457 in Scott.

66

Metro United Way elects Southern Indiana Agency Officers

Banner Gazette 5/13/98

The Metro United Way of Southern Indiana Agency Executives Committee elected officers at the April meeting. This committee is made up of executive officers of Metro United Way agencies in Clark, Floyd and Harrison counties.

The new officers include Pat Jewell, of the South Central Indiana Council for the Aging, who was elected president. Phyllis Wilkins, with the Clark County Chapter American Red Cross, was elected vice president. And, Linda Codey, of the Family Health Center of Clark County, was elected secretary and treasurer.

The committee meets to learn more about trends in human services and network with fellow Metro United Way agencies.

Metro United way elects new officers

From staff reports

NEW ALBANY — The Metro United Way of Southern Indiana Agency Executives Committee elected officers at the April meeting. This committee is made up of executive officers of Metro United Way agencies in Clark, Floyd and Harrison counties.

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The committee meets to learn more about trends in human services and network with fellow

Tribune 6/8/98

American Association of Retired Persons

The Evening News 5-21-98

American Association of Reitred Persons held a monthly meeting at the Ken Ellis Center. Guest speaker was Pat Jewell of the South Central Indiana Council for the Aging and Aged, who spoke on the upcoming senior games. Pictured from left, are, Julie Wilson, special projects coordinator; Pat Jewell, executive director; Ruth Wright, A.A.R.P. presider and Delores Pegues, vice president.

STAFF PHOTO BY RON DI

Wolfe honored for service to elderly

Corydon Democrat June 17, 1998

Velda Wolfe, 76, of Corydon, was recently awarded the "Spotlight Award" by the South Central Indiana Council for the Aging and Aged Inc.

She was also named Employee of the Quarter for service.

Wolfe has been a case manager with the Area 14 Agency on Aging for 16 years and donates her time and assistance to the elderly. Area 14

(Please turn to back page)

Velda Wolfe wins agency's "Spotlight Award"

Wolfe honored

(Continued from front page)

includes Harrison, Floyd, Clark, and Crawford counties. Although Wolfe used to work in both Harrison and Floyd counties, she now confines her work to Harrison. She is an advocate of senior citizens and is active in almost every social organization in Corydon.

Wolfe works with the elderly and visits clients who are homebound. If Wolfe cannot make the visit, she finds someone else to assist.

When she had surgery in February, she made phone calls to clients she knew didn't have family to attend to them. She then found others to help until she could visit herself. When she was again allowed to drive, she started visiting clients almost immediately. She has attended to almost 150 clients, although that number is getting smaller.

"I lost five clients just during the time I was in the hospital," Wolfe said.

Wolfe works 20 hours a week for the agency, and she volunteers in her spare time. She schedules two vacations each year to give her time to help make and deliver food baskets during Thanksgiving and Christmas. She also volunteers for the Senior Citizens Angel Tree program, which provides gifts to nursing home and homebound elderly or disabled for Christmas.

Wolfe is a 15-year volunteer for the Red Cross Bloodmobile and is on the board of directors of Harrison County Community Services. She volunteers at Veterans Hospital in Louisville and is the founder of the Harrison County Welcome Wagon. She is active in Church Women United, the Old Capitol Eastern Star Chapter, the Home Economics Club, and the Helping Hand program. She also provided follow-up services to victims of the '97 flood.

Wolfe said she enjoys the time spent with her clients, and is glad that the churches and service clubs in the community provide much-needed funds.

"My clients are like my family," Wolfe said. "I don't have a lot of family left. I want to see that they're taken care of and warm and fed, and that they've got their medicine. They really do more for me than I do for them."

Community organization is a friend to the aging and aged

New Albany Tribune 6-28-98

LISA**SOWDERS**

Hand to Heart

Have you been considering putting your loved one in a nursing home? That is a hard decision to make, I'm sure.

Did you know that there are alternatives that might fit everyone's needs better than a nursing home?

Stop and think about this: If you were mentally capable but had some disabilities or an illness that prevented you from doing everything for yourself, wouldn't you hope that your family would do everything possible to help you stay in your own home and be in your own surroundings?

Don't misunderstand me, I think nursing homes and the like are very much needed. I just think sometimes people naturally think of nursing homes when they can no longer provide the care, time and commitment needed for their family members.

For these reasons, I want to tell you about an organization that is committed to helping you find alternatives to nursing homes. However, they are there to assist you if a nursing home or other specialized care is called for.

This organization is the South Central Council for the Aging and Aged, Inc., which is a part of United Way.

One of their outstanding services that I think the public needs to know more about is their In-Home Care Program.

I will explain how this program works in general. Lets say you are considering placing your family member in a nursing home, but you feel lost in knowing what to do, where to start and who to call.

The first thing you should do is call the council at 948-8330 and speak to Frances Able and she will give you information, point you in the right direction and, if needed, a care manager will be appointed.

The care manager will do an assessment to determine needs. Everything starts with one of the 10 care managers that are degreed and certified by the state. They are so experienced and very, very knowledgeable about what they are doing!

They will determine the needs of the individual and discuss with them and/or their family what would be the best plan of action.

Unfortunately, the In-Home Care Program has 800 people on its waiting list and once you are put on it, you are also put on every waiting list of other services that has to do with the In-Home Care Program.

Before you get discouraged, I want to stress the fact that every individual is different and has different needs to be met. Some needs are often met immediately or sooner than expected, so please go ahead and call them.

The main objective is to make the person self-sufficient and maintain as much of their independence as possible. Sometimes this can be done by making a home accessible to a wheelchair or making vehicle modifications.

If you are taking care of the person and just need a break, they have a respite program for you. They also offer Meals on Wheels, transportation services, attendant care, adult day care and the list goes on and on.

I urge you to call and see which of their services will benefit your family member's and your family's needs the most.

They are there for people of all ages with disabilities to help provide the best quality of life!

Emergency needs

Meals on Wheels is in desperate need for people to deliver meals.

Hours are 11 a.m. to 1 p.m., Monday through Friday. Any time that you could make deliveries would be greatly appreciated, whether it be one day a week or just once a month.

Help is also needed at the meal sites to help with various duties such as packaging meals and cleanup. If you could volunteer for anytime please contact Sheila Modica, Nutrition Director.

There is also an immediate need for volunteers to drive people to their medical appointments. A van is provided and a four-hour commitment is needed for this.

Donations

They are always very grateful and appreciative to receive your tax-deductible monetary donations.

Contact

South Central Indiana Council for the Aging, 426 Bank Street, Suite 100, New Albany 47150; 948-8330 or (800) 986-3505; Fax 812-948-0147. The agency serves Floyd, Clark, Harrison and Scott counties.

68

Senior champions

New Albany Indiana
6-30-99

SUBMITTED PHOTOS

More than 400 senior citizens participated in the Senior Games of Indiana recently. The six-day event saw 340 seniors who participated in 12 events in Jeffersonville, Clarksville and New Albany. About 115 nursing home residents gathered at the Providence Retirement Home for the Nursing Home Games. Developed in 1986, the Senior Games promotes exercise and a healthy lifestyle. It is also a fundraiser for the Meals on Wheels program. Proceeds from the Senior Games will provide over 4,000 additional meals to the elderly in Clark, Floyd, Harrison and Scott counties. (Left) The Rev. Dean Scott from Graceland Baptist Church poses with Pat Jewell, executive director of the South Central Indiana Council for the Aging. (Above) Leola Kennedy, 96 and seated, received the award for the oldest participant in the Nursing Home Games. Kennedy is from the Providence Retirement Home.

Cool air for the Aging

The Pilot Club of New Albany, Inc. presented two air conditioning units to the Council for the Aging. This is the fifth year for the Pilot Club to donate air conditioners and they have donated 13 altogether. Pictured from left to right are Pat Jewell, executive director of the Council for the Aging; Thelma Bertrand, Pilot Club of New Albany Inc.; and Frankie Hunter Able, Council for the Aging.

THE SCOTT COUNTY JOURNAL and THE CHRONICLE, Saturday, July 25, 1998

Inaugural walk to benefit meals, senior services set for State Fair

Indiana's first Walk for Meals and Senior Services will take place Monday, Aug. 17, during the 1998 Indiana State Fair in Indianapolis.

The walk will raise money to support the senior nutrition programs and other senior services provided by the 16 Area Agencies on Aging in Indiana. Funds raised will help reduce or eliminate the waiting lists for meals and senior services and thus increase the number of seniors receiving services.

The walk will start in the west parking lot of the Krannert/IUPUI Building along East 38th Street across from the Indiana State Fairgrounds main entrance. Participants will follow the Monon Trail. Registration will begin at 7 a.m. with the walks getting underway at 8 a.m. and concluding by 10 a.m.

The awards ceremony will take place at 3 p.m. in the Union Federal Bank Southwest Pavilion, formerly the Senior Citiens Building, located at the fairgrounds.

Scott County has two senior centers sponsored by the 16 Area Agencies on Aging. Statewide, such centers provide services to over 100,000 older Hoosiers and persons with disabilities. Indiana senior nutrition programs provide nearly four million meals each year at over 350 nutrition sites and directly to senior citizens' homes. Other services provided include case management, transportation, information, referral and senior employment.

While participants in the senior nutrition programs make contributions to help offset the costs of the meals, the contributions do not cover all the costs of the program. The Indiana Walk for Meals and Senior Services will help defray these additional costs.

The 1998 Indiana Walk for Meals and Senior Services is co-sponsored by the Indiana Family and Social Services Administration, Aging and Rehabilitative Services, Bureau of Aging and In-Home Services, the Indiana Association of Area Agencies on Aging, the Indiana State Fair, the Indiana FFA Association, Indy Parks and Greenways and Indiana Young Farmers' Association.

Indiana State Fair to offer Senior Citizens a day of Activities

From staff reports

FLOYD CO. — Ponce de Leon may not have found the Fountain of Youth, but Indiana has its own "fountain" at the Indiana State Fair. Programs and events will be flowing from the Union Federal Savings Bank, Improving the lives of senior citizens.

Seniors will be treated to numerous activities, especially on Thursday, Aug. 13, which is Senior Day at the fair. They can get a free, all day Shopsmith Senior Shuttle pass if they stop by the Union Federal Savings Bank Southwest Pavilion. While there, seniors can attend a free health fair, featuring numerous screenings.

Some special programs include Cultural Day, highlighted with music, dances, cooking demonstrations and exhibits, on Aug. 15; free square dancing lessons on Aug. 16; Nursing Home Residents Day and "Walk for Meals" on Aug. 17; Job Information Fair, Aug. 19; a nutrition celebration with cooking demonstrations and "Nutrition Bingo" on Aug. 21; and "Medicare Jeopardy" on Aug. 22.

Throughout the fair, Hoosiers of all ages can stop by, sit a spell and cool off in the air-conditioned building. Fair-goers 18 years or older can register for a three day "Mystery Trip," while seniors, 55 years or older can purchase discounted shuttle passes for $1.50 and everyone can see the handiwork of senior Hoosier artists. Building hours are 9 a.m. to 6 p.m. each day.

If seniors need assistance around the fairgrounds, a limited number of wheel chairs and electric scooters are available for rent around the 38th Street Main entrance area and by Lincoln Theatre.

Discount Tickets are available at marsh Supermarkets, CVS \ pharmacies, Indian Farm Bureau Offices, Union Federal Savings Bank, Signature Inns in Indiana and the State Fair Box Office. The Indiana State Fair runs August 12-23.

Ken Ellis Senior Center has transportation to the fair Friday August 14 for $16. Area 14 will have entertainment for seniors as well. Luke Vest will be on Karaoke, Gomez One Man Band, Rachel Coozle; Anita Rickman, singers.

Tribune 7/27/98

"Walk for meals" to raise money for Senior services and programs

From staff reports

Indiana's first "Walk for Meals and Senior Services will take place Monday August 17, 1998 during the 1998 Indiana State Fair in Indianapolis.

The walk will raise money to support the Senior Nutrition Programs and other senior services provided by the 16 area agencies on aging in Indiana. Funds raised will help reduce or eliminate the waiting lists for meals and senior services, and thus increase the number of seniors receiving services.

The walk will start in the west parking lot of the Krannert \ IUPUI building along East 38th Street, across from the Indiana State Fairgrounds main entrance. The walk will follow the Monon Trail. Registration will begin at 7 a.m., with the walks getting underway at 8 a.m. and concluding by 10 a.m. The awards ceremony will take place in the Union Federal Bank Southwest Pavilion (Senior Citizens Building), located at the fairgrounds, at 3 p.m.

The 16 area agencies on aging provide services to over 100,000 older Hoosiers and persons with disabilities. Indiana's Senior Nutrition Program provide Nearly four million meals each year at over 350 nutrition sites and directly to senior citizens' homes. Other services provided include case management, transportation, information and referral, as well as senior employment.

While participants in the Senior Nutrition Programs make contributions to help offset the costs of the meals, the contributions do not cover all the costs of the program. The Indiana Walk for Meals and Senior Services will help defray the these costs.

The 1998 Indiana Walk for Meals and Senior Services is co-sponsored by the Indiana Family and Social Services Administration, Aging and Rehabilitative Services, Burcau of Aging and In Home Services; the Indiana Association of Area Agencies on Aging; the Indiana State Fair; the Indiana FFA Association; Indianapolis Parks and Greenways; and the Indiana Young Farmers' Association.

Registration forms are available at the South Central Indiana Council for the Aging administrative offices located at 426 Bank Street, Suite 100, New Albany or by calling (812) 938-8330 for mailing. Limited Transportation is availablc.

All persons raising $25 or more will get a free "Walk for Meals" t-shirt to be worn during the walk. All participating in the walk will receive a free ticket to the Indiana State Fair. The ticket will be honored the day of the walk. All funds raised will go to support meals in Clark, Floyd, Harrison, and Scott Counties.

THE COURIER-JOURNAL
SATURDAY,
AUGUST, 1 1998
EDITOR: DAVID GOODWIN
PHONE: 582-4247 / FAX: 949-4041

BRIEFLY

Walk for Meals will help senior citizens

INDIANAPOLIS — Indiana's first Walk for Meals and Senior Services is scheduled Aug. 17 during the 1998 Indiana State Fair.

The event will raise money to support the Senior Nutrition Programs and other senior services provided by Indiana's 16 Area Agencies On Aging.

Registration is at 7 a.m. The walk will be from 8 to 10 a.m. It starts in the west parking lot of the Krannert/Indiana University/Purdue University Building on East 38th St., across from the Indiana State Fairgrounds.

An awards ceremony will be held at 3 p.m. in the Union Federal Bank Southwest Pavilion (Senior Citizens Building) at the fairgrounds.

Nutrition program participants make contributions to help offset the meal costs, but that doesn't cover the total cost of the program. The Walk For Meals will help to defray those costs.

The 16 offices serve more than 100,000 older Hoosiers and persons with disabilities.

Southern Indiana residents can register for the walk at the South Central Indiana Council for the Aging administrative offices at 426 Bank St., Suite 100, in New Albany, or by calling that office at 948-8330.

Participants raising $25 or more will get a "Walk For Meals" T-shirt. All walkers will receive a free ticket to the Indiana State Fair, but it's good for only that day.

Showing off the house

8-98

TRIBUNE PHOTO BY TRACY CONNELL

Jo Russell (far right) shows Patty Walker, Oneita Phillips, Vince Klein, Dana Humpreys, Sharon Jones, Tony Moore and Yvonne Grundy around the new Brown-Starks Neighborhood Place during Friday's dedication ceremony. The facility, located at the corner of Graybrook Lane and Bono Road, will house several service providers for the Lillian Emery School neighborhood and surrounding area.

9/2/98

71

The Corydon Democrat
Corydon, Ind.

Communi

Council for Aging honors Geneva Sams

Corydon woman always finds a way to help those in need

By RANDY WEST
Editor

Asked how she felt to be named the 1998 Older Hoosier of the Year by the South Central Indiana Council for the Aging and Aged, Inc., Corydon's Geneva Sams replied with characteristic candor.

"OK."

But she refused to disclose her age. On that subject, she would only say that you have to be over 60 to be nominated for the award.

The South Central Indiana Council for the Aging recently selected Sams for its annual award, bestowed by the Indiana Family and Social Services Administration. She will go to Indianapolis next month to be officially recognized at Gov. Frank L. O'Bannon's Conference on Aging.

The Older Citizen Award recognizes outstanding volunteer community service by an individual who enhances the quality of life of others.

Geneva Sams: During last year's flood, she put a plastic bag over her badly burned foot so she could help others.

Perhaps no one in Harrison County deserves it more than Geneva Sams.

In March, she was given the Chamber of Commerce of Harrison County President's Award for her unselfish work for and generous devotion to the poor.

Sams, the widow of Ohio River towboat captain Eugene Sams, has spent most of her adult life helping people in need, usually dire need, frequently people she doesn't even know.

Patricia Jewell, executive director of the South Central Council, which takes in Harrison, Floyd and Clark counties, said Sams is "a considerate, compassionate and caring individual who will step up to challenges put before her."

Shirley Hawkins, a close colleague who directs Harrison County Community Services, said Sams will take any challenge and won't take no for an answer, especially when it comes to meeting a client's needs.

For example, during the 1997 flood here, Sams was upset because she had been in bed for weeks with a badly burned foot — it prevented her from helping flood victims. But as soon as her doctor reluctantly gave her permission to get out and about (she knew she would anyway), she put a plastic bag on her foot to protect it from the mud so she could help distribute needed items like clothes and cleaning supplies.

Sams has worked for Community Services for 19 years. She has had many titles, but the one she's had for five or six years now is special projects coordinator.

Jewell said Sams goes way out of her way to help others, sometimes using her own money.

"When someone has a need and you can't find a source to help, what are you going to do but give your own money?"

She said she grew up in a home where her parents, the late Harry and Hazel Conrad, taught the children to help people.

Recalling some lines from Deuteronomy, Sams said: "If you believe in the Bible, which I do, you extend your hand to all those who are poor."

She's been doing it for years.

She's been a member of the Harrison County Parks Advisory Board for 15 years. In fact, she, Dale Mathews and others were leaders of the long, community-wide "Sink or Swim" effort to get the first public swimming pool built in Corydon. It took a tremendous amount of work and coordination by various groups, with bake sales, bean soup suppers and door-do-door canvas efforts, but they got the May and Joe Rhodes Memorial Pool built.

Sams is a member of the Human Services of Harrison County organization which meets monthly for net-

(Please turn to back page)

Sams honored by Council for Aging

(Continued from front page)

working and information gathering, and she served on the Welfare to Work Planning Council. She's been on the Child Protection Team for Harrison County Division of Family and Children for 15 years. It makes recommendations to welfare workers in child abuse cases.

Sams serves on the Home Rehabilitation Oversight Committee, which selects, assesses and decides which homes will get assistance.

One of her newer and more unique challenges is serving on a task force that's charged with developing alternative housing. Sams and others are seeking funding to build a "straw home" here, such as those built in Oldenburg, Fort Wayne and Lexington, Ky. The basic building material is traditional bales of straw. They are less expensive and more energy efficient.

She's been a member of Harrison County Step Ahead for six years and has served on the Education and Child Care Committee during that time.

She's been on the board of the South Central Council for two years and recently concluded the maximum-allowed six years on the regional chapter of the Red Cross board. She's been on the Harrison County extension board for five.

She is a certified counselor for the Senior Health Insurance Information Program (SHIIP), which assists senior citizens with a dizzying array of health insurance issues, and she's an officer in Phi Beta Psi Sorority. At the Old Capitol United Methodist Church, she teaches Sunday School, serves on the administrative board, and is a member of the Missions Budget Committee.

One of her favorite volunteer activities is demonstrating quilt making and pioneer cooking at Wyandotte Woods State Recreation Area. Dressed in period costume, she cooks meals in a cast-iron Dutch oven over an open hearth fire. Her specialties are cobbler, biscuits and stew.

Sams has three children: Jenny Withers, 42, Mike Sams, 39, and Tim Sams, 36.

The Tribune, Thursday
September 10, 1998

Agency on aging initiates toll-free number

From staff reports

NEW ALBANY — The Indiana Association of Area Agencies has initiated a new toll- free service. It will connect seniors to their closest Area Agency on Aging.

Callers from any community in Indiana are automatically routed to the Area Agency which serves the telephone exchange from where they are calling.

The toll-free number is (800) 986-3505. South Central Indiana Council for the Aging is one of 16 Area Agencies on Aging in the state. It provides a comprehensive network of services to persons 60 and older and also persons with disabilities in Clark, Floyd, Harrison and Scott counties. The council is located at 426 Bank Street, Ste. 100 in New Albany.

If someone in one of the above counties dialed the toll-free number, the call would be routed to South Central Indiana Council for the Aging.

When contacting the Council for the Aging; persons in Clark and Floyd counties should use the local number, 948-8330 and persons in Harrison and Scott counties should use the toll free number.

72

Brown-Starks Neighborhood Place to be celebrated today

Tribune 8-23-98

From staff reports

NEW ALBANY — Cooperation, collaboration and old-fashioned teamwork have resulted in the first of what is hoped to be at least three public service centers, and the celebration of this partnership will culminate in a special dedication ceremony today beginning at 5:30 p.m..

The Brown-Starks Neighborhood Place, which houses several service providers for the Lillian Emery School neighborhood and its surrounding area, opened last week. Services range from child care to case management to mental health services. Brown-Starks is located at the corner of Graybrook Lane and Bono Road.

The neighborhood center concept originated in the Floyd County Step Ahead Council, a group of social service providers, which works cooperatively in delivering services to residents. The Council, under the leadership of Vince Klein, approached Mayor Doug England of the City of New Albany as they were looking for potential sites.

Mayor England agreed to commission a study in 1994 through Community Development resources. Following this study, the city was able to help by planning a series of public service centers, including the Brown-Starks, and two more sites, one in the west end and one in the east end of town.

The city also made available Community Development Block Grant funds totaling $345,000 for the site and developed a Neighborhood Public Service Center Development Corporation to oversee all possible sites.

The city was able to secure the site of the Brown-Starks center which was owned by the New Albany Housing Authority. With permission from the Housing Authority and the Department of Housing and Urban Development, the corporation is able to lease the site at one dollar a year for 50 years.

See *CENTER, page 2A

*Center: 'Neighborhood Place' to be celebrated today

Continued from the front page

Capital partners in the Brown-Starks site include the city, Rauch Inc., the New Albany-Floyd County School Corporation and Interfaith Community Council. Each partner contributed a portion toward construction and through the efforts of Joyce Brown, NBD Bank provided a loan to the Development Corporation in the amount of $120,000.

The neighborhood center is named in honor of two local educators, Mamie Starks and Ruth Harrison Brown.

Starks, who passed away in 1965, began her teaching career at the Olden Street School (at the corner of Pearl and Union streets). When the school was destroyed by the 1917 tornado, she freed herself from the rubble and sought help, but found the neighboring homes in ruin. According to newspaper accounts, she then ran to the old Peoples College on Spring Street, where she "engaged the assistance of Professor Buerk, who accompanied Starks back to the site. She worked with a flashlight through the night until every school child had been freed. She was able to save many, but some were found dead."

Starks went on to teach at the Jackson Street, Division Street and Griffin Street elementary schools, along with the old Scribner High School. She served as principal at Jackson Street School and retired from teaching in 1947. Mamie was married to Charles Starks and had one son, Stanley, known to many as New Albany School Corporation's tour bus driver throughout the 1960's.

Brown began teaching in the New Albany Schools in the 1940's at Scribner High School. She went on to teach first grade at Griffin Street and transferred to Lillian Emery (the old State Street School) in 1957 when the local schools were integrated. She continued to teach second grade there until her retirement in the 1970's.

Those who knew and worked with Brown said she carried her teaching into community service, giving children summer jobs, making costumes for theater productions and bringing in clothes for the needy youngsters. Ruth was married to Henry Brown, and passed away in 1996.

The center was named with the help of the Neighborhood Place Advisory Steering Committee, and other citizens who care about the neighborhood. They have also been active in the ground breaking and dedication of the center.

Services at the Brown-Starks Neighborhood Place will include:

• *Kids Port, a Title I Pre-School, which is moving from the Lillian Emery School.* It serves as a transition from pre-school to kindergarten and helps special needs children and others in need of a smooth transition. Lillian Emery's parent resource room will also be located at the center.

• *Rauch First Steps program for children ages 15 months to 3 years.* First Steps is for special needs or children at risk of developmental delays. The program for infants to age 14 months is generally home-based. The older toddlers will come to the center and also receive speech, occupational and other developmental therapies.

• *Healthy Families, a home-based family support program.* A free, voluntary service, Healthy Families is usually for first-time parents, many of which are located in the neighborhood. The program offers parenting classes, help in transportation for doctor appointments and immunizations, education and more.

• *Interfaith's Discovery Center child care.* The Brown-Starks Center will house the New Albany child care programs of what was formerly Child Development Center. Child care is offered for toddlers through age 12 for all income levels. Several subsidies are also offered. The center has offered child care in the New Albany area for 32 years and also has a site in Georgetown.

• *Impact.* The Impact Program is a part of the Division of Families and Children and includes case managers to help clients during the transition of welfare to work. The Impact Program now has eight caseworkers in Floyd County and two will be working out of the Brown-Starks center. The Impact workers were formerly welfare or food stamp caseworkers and have been in training for this welfare reform transition. Impact personnel are happy for the Brown Starks site, which will help many clients in the area who have had transportation problem in getting to the departments main site on Grant Line Road.

• *LifeSpring Mental Health Services.* Two outpatients therapists and a case manager will be staffing the satellite location of the New Albany office of LifeSpring.

• *Council on Aging.* Support groups for grandparents raising their grandchildren, intergenerational programming and a senior center are being looked at by the South Central Indiana Council on Aging. Information and referral for seniors will also be available in the family center.

A special 21st Century Learning Grant Education will allow enrichment programs for children at the center after school. A Kids Cafe evening meal feeding program, New Albany-Floyd County Parks and Recreation activities, and anti-drug and alcohol programs through the help of Our Place, will help fill out the daily schedule at Brown-Starks.

CINEMARK THEATRES

GREENTREE 10
HWY. 131 GREENTREE MALL 284-1603
$4.00 ALL SHOWS BEFORE 6 PM
$4.00 SENIORS & CHILDREN • $6.00 ADULTS
STEREO SURROUND SOUND IN ALL AUDITORIUMS
TODAYS TIMES ONLY
HANDICAP ACCESSIBLE ★ NO PASSES • NO SUPERSAVERS

SNAKE EYES	2:50 5:10 7:30 9:50 (R) 2:20 4:40 7:00 9:20
HALLOWEEN: H20	2:35 4:55 7:15 9:35 (R) 3:05 5:25 7:45 10:05
BLADE (DTS Digital)	2:05 4:45 7:25 10:05 (R)
DANCE WITH ME	2:20 5:00 7:40 10:20 (GR)
LETHAL WEAPON 4	7:20 10:000 (R)
SMALL SOLDIERS	2:50 5:05(PG-13)
THERES SOMETHING ABOUT MARY	1:50 4:25 7:05 9:45 (R)
AVENGERS	3:00 5:15 7:40 9:50 (PG-13)
HOW STELLA GOT HER GROOVE ON (DTS Digital)	1:45 4:30 7:20 10:05 (R)

BOX OFFICE OPEN @ 11:00 A.M. EVERYDAY

GREENTREE 4
HWY. 131 GREENTREE MALL 282-1394
$1.00 ALL SHOWS - ALL TIMES
50¢ ALL DAY TUESDAY
TODAYS TIMES ONLY - HANDICAP ACCESSIBLE

DEEP IMPACT	4:454 9:50 (PG-13)
GODZILLA	5:00 8>00 (PG-13)
HOPE FLOATS	7:20 (PG-13)
BASEKETBALL	4:30 7:05 9:30 (R)
DISTRUBING BEHAVIOR	4:50 7:00 9:20 (R)

GIFT CERTIFICATES AVAILABLE

Stanley White named Volunteer of the Year

From Staff Reports

South Central Indiana Council for the Aging has selected its recipient for the Senior Volunteer of the Year Award.

Being honored at the Indiana State Fair recently was Stanley White of Clarksville who was recognized for his volunteer work and civic contributions. The award is presented annually to persons age 60 and older for their outstanding service.

White is a fairly new volunteer, having only retired from teaching mathematics at Clarksville High School in 1995. Since that time, he has taken on several projects which encompass every segment of the area's population from pre-school children to high school students to senior citizens.

White is a lifelong resident of Indiana where he taught mathematics for 45 years at Clarksville.

Holds several degrees

In addition, during the past 30 years, he also taught at Indiana University Southeast on a part-time basis and holds a bachelor's degree from Depauw University; a master's in mathematics from Purdue; and a master's of education from Indiana University. He attended graduate school in mathematics at the University of Louisville and Northeastern Missouri University.

He is a member of American Association of Retired Persons of Clark County, the Indiana Retired Teachers Association and the Indiana Council of Teachers of Mathematics, a state organization from which he was presented the 1995 Outstanding Service Award. He is also a member of MENSA.

As a member of Depauw Memorial United Methodist church, White assists with a school lunch program at New Albany High School every Monday during the school year. Church members provide a low-cost lunch buffet and spiritual program to about 100 students each week.

Brandon House volunteer

The church also sponsors Brandon's House, a counseling service for troubled teens and their families at no cost to them. He is a volunteer for Brandon's House Oasis Program, a mandatory program for teens who have been suspended from school in which he tutors students in academics and mathematics, and is involved in an annual fundraiser for the center.

White is a current member of Area 14's Advisory Council in which he is an advocate for senior citizens in Clark County. He also advises the agency on gaps in services he sees in his community.

White and his wife, Fran, deliver homebound meals five days a week every other week for the agency's nutrition program. They also substitute as needed for paid drivers and other volunteers when they are ill or experience unforeseen emergencies.

Stanley White receives his Volunteer of the Year award from Thelma Bertrand, president of the advisory council, as Council Executive Director Pat Jewell looks on.

Husband-wife team

Fran White is a member of the Pilot Club of New Albany and like many husbands, Stanley gets involved in her activities as well. One such project is Safety Town, a two-week program for youngsters ages 4 and 5 at which they are instructed on safety issues.

A miniature "town" was constructed complete with stop signs, railroad crossings and other street signs. A police officer, teacher, and a fireman teach the course.

Stanley and Fran assist with graduation activities (five sessions are held each summer) and the upkeep of the facility — keeping the grass cut and cleaning the classroom. Pilot Club members also volunteer to assist at the annual Senior Games opening ceremonies and dance contest.

Members decorate the St. Augustine Parish Hall in Jeffersonville, make decorations, serve lunch and help clean up the building. White is one of these volunteers.

White, like most other dedicated volunteers, feels undeserving of recognition, but his volunteer activities prove otherwise. He is truly deserving of the honor.

74

Local seniors are given awards

THE COURIER-JOURNAL
SUNDAY,
AUGUST 23, 1998
EDITOR: DAVID GOODWIN
PHONE: 582-4247 / FAX: 949-4041

From staff reports

Aug 31, 98

FLOYD CO. — South Central Indiana Council for the Aging recently selected honorees for the 1998 Older Hoosier of the Year and Senior Volunteer of the Year Awards. Both awards are bestowed by the Indiana Family and Social Services Administration.

The 1998 Older Hoosier of the Year is Geneva Sams of Corydon. This award recognizes outstanding volunteer community service which enhances the quality of life of others. Mrs. Sams will be honored during the Governor's Conference on Aging which will be held in Indianapolis in October.

The 1998 senior Volunteer of the Year is Stanley White of Clarksville. This award recognizes persons age 60 and over for their volunteerwork and civic contributions. Mr. White will was honored during the Indiana State Fair in Indianapolis.

Geneva Sams lives in Corydon which is located in Harrison County. Ms. Sams is a 2 year member of the Board of Directors of South Central Indiana Council for the Aging. She has been an asset in this capacity with her background in community service and networking capabilities compounded with the ability to get the job done. She serves on the Harrison County Parks Advisory Board and has done so for the past 15 years. She was instrumental in getting a public pool for the community, an effort that took several years to come to fruition, but Geneva was determined to see it through. She held bake sales, bean soup suppers and canvassed door to door in an effort to get funds for the project. The community now enjoys their pool.

Ms. Sams is a member of the Harrison County Parks Advisory Board — 15 years; Red Cross Board of Directors — 6 years; and Harrison County Extension Board — 5 years; is a SHIIP Counselor; and is an officer in the Phi Beta Psi Sorority. She is a member of the Old Capitol United Methodist Church in Corydon, where she teaches Sunday School. She also serves on the Administrative Board and is a member of the Missions Budget Committee. Geneva is a 6 year member of the Harrison County Step Ahead for 6 years, and has served on the Education & Child Care Committee during that time.

She is also a member of Human Services of Harrison County, and served on the Welfare to Work Planning Council. She serves on the Child Protection Team for the Harrison County Division of Family & Children for 15 years at which she is involved in making recommendations to case workers of abused children. Another volunteer activity is serving on the Homes Rehabilitation Oversight Committee which selects assesses and decides which homes will get assistance. A fairly new effort is serving on a Task Force to develop alternative housing. Geneva and others are seeking funding to build 3 "straw homes" in Harrison County. The basic building material is bales of straw. These homes are less expensive to build and are energy efficient.

Many times Geneva will assist those in need out of her own pocket — a frequent habit she shrugs off. She provides shoes, money for laundry, clothing, etc. She says "when someone has a need and you can't find a source to help, what are you going to do but give your own money." Geneva wonders why she has been selected for this honor, she remarked "there are so many more people out there who do much more than I do." It would be a difficult task to find another who is as compassionate about meeting the needs of others as does Geneva Sams.

Stanley White is a fairly new volunteer, having only retired from teaching Mathematics in 1995. Since that time, he has taken on several volunteer projects which encompasses every segment of the area's population from preschool children to high school students to senior citizens.

Mr. White is a life long resident of Indiana where he taught mathematics for 45 years at Clarksville High School. In addition, during the past 30 years, he also taught at Indiana University Southeast on a part-time basis. He has a Bachelor's Degree from De-

pauw University; has a Master's in Mathematics from Purdue; has a Master's of Education from Indiana University and attended Graduate Mathematics at University of Louisville and Northeastern Missouri.

As a member of Depauw Memorial United Methodist Church, Stanley assists with a school lunch program at New Albany High School every Monday during the school year. Church members provide a low cost lunch buffet and spiritual program to about 100 students each week. The church also sponsors Brandon's House, a counseling service for troubled teens and their families at no cost to them.

Stanley White, like most other dedicated volunteers, feels undeserving of recognition, but his volunteer activities prove otherwise. He is truly deserving of this honor.

BRIEFLY

Seniors honored for their service

Geneva Sams of Corydon and Stanley White of Clarksville recently were honored by the South Central Indiana Council for the Aging and Aged Inc., and both received awards from the Indiana Family and Social Services Administration.

Sams was selected the 1998 Older Hoosier of the Year for her outstanding volunteer community service. She will be honored during the upcoming Governor's Conference on Aging in October in Indianapolis.

She has been employed 19 years at the Harrison County Community Services. During the 1997 flood, she helped flood victims even though she was forced to wear a plastic bag over a badly burned foot to protect it from mud.

Her memberships include the board of directors of the South Central Indiana Council for the Aging, the Harrison County Parks Advisory Board, the Harrison County area American Red Cross board and the Harrison County Extension Board.

White was selected the 1998 Senior Volunteer of the Year, which is given to a person age 60 or older for their volunteer work and civic contributions. He recently was honored during the Indiana State Fair.

He has worked as a tutor with preschoolers to high school seniors. He also assists with a school lunch program at New Albany High School, and he has been involved with a weekly spiritual program that included about 100 students during the school year.

His church, DePauw Memorial United Methodist, New Albany, sponsors Brandon House, a counseling service for troubled teens and their families, and White volunteers as a counselor and works with fund-raisers for the group.

The former math teacher at Clarksville High School and Indiana University Southeast also serves on Area 14's Advisory Council.

Four seniors honored for community service

THE COURIER-JOURNAL • **FEATURES** • SUNDAY, SEPTEMBER 20, 1998

Seniors are the backbone of the nation's volunteer efforts, and the four older people honored for their community spirit in Louisville and Southern Indiana this year give a hint of the range of those activities.

One tutors at-risk children; another, a community activist, keeps alive some of the skills of our pioneer ancestors; a third is a stalwart in the Red Cross blood program; the fourth divides his time between building houses for the needy and two street-ball tournaments held for charity.

AL ALLEN

PRIME TIME

The two Louisvillians will be honored Friday at a noon awards banquet at Executive West Hotel that climaxes Jefferson County's annual Autumn Years Celebration.

Here are the seniors of the year.

Stanley White, 71, of Clarksville, Southern Indiana's Senior Volunteer of the Year, has been a math teacher all of his adult life. When he retired in 1995 after 39 years on the faculty of Clarksville High School, plus instructing almost that long at Indiana University Southeast, he saw no reason to change that.

His church, Depauw Memorial United Methodist, sponsors the Brandon's House Oasis Program, which counsels and supervises middle-school children with academic and behavioral problems. White instructs students in general academic subjects each Wednesday and tutors others in mathematics as they need it. He also is involved in the center's annual fund-raiser.

He and his wife, the former Frances Harmon, deliver Meals on Wheels to 13 clients daily every other week and assist with Safety Town, a project of the Pilot Club of New Albany that instructs preschoolers in safety issues. They also lend a hand with the area's Senior Games each spring.

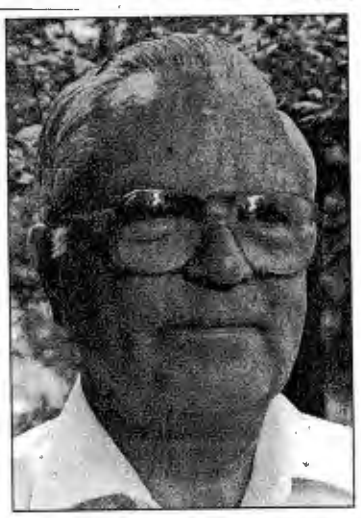
In addition, White serves on the Advisory Council of the South Central Indiana Council for the Aging & Aged and assists at a lunch program at New Albany High School.

He is a native of New Albany and holds degrees from Depauw, Purdue and Indiana universities. For six years he taught mathematics at a high school in Valparaiso, Ind., then became one of Clarksville High's original faculty members. In 1995 he received the Outstanding Service Award of the Indiana Council of Teachers of Mathematics.

Feeling that he doesn't deserve the honor, White said, "I'd like to do more. I intend to."

Geraldine Heaphy of Louisville has given a large portion of her life to the American Red Cross — 55 years, in fact, making her one of its longest-serving volunteers. That and her work with the Eastern Area Community Ministries and for her church, St. Margaret Mary Catholic Church, earned her the title of female Senior Citizen of the Year in Jefferson County.

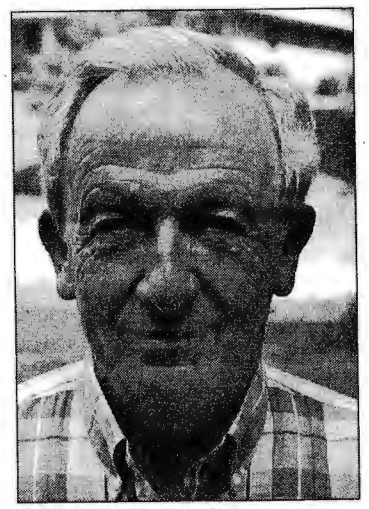
Her involvement with the Red Cross began in her home town of Albany, N.Y., during World War II, when she became one of its Gray Ladies, hospital volunteers. It continued after her husband, Hayden F. Heaphy, a financial manager for General Electric Co., was transferred to Louisville in 1953; she volunteered as a teacher of arts and crafts at Lakeland, now Central State Hospital.



PHOTOS BY AL ALLEN, SPECIAL TO THE C-J

Stanley White is Southern Indiana's Senior Volunteer of the Year.

Geraldine Heaphy is female Senior Citizen of the Year in Jefferson County.



Thomas Pardue is male Senior Citizen of the Year in Jefferson County.

Geneva Sams is South Central Indiana Older Hoosier of the Year.

Over the years she has become a Red Cross mainstay. She volunteers weekly at blood-collection sites downtown and in the east end, has been on its blood services board of directors, was volunteer chairwoman of its annual holiday donorama, was a caseworker and fund-raiser for its disaster services program and helped with field-operations administrative work.

Heaphy also gives at least one day a week to the Eastern Area Community Ministries, helping the needy get food, clothing and assistance with bills, and serving on its board of directors. She also is a member of the Jefferson County Medical Center Commission.

Her church's active Human Needs and Concerns Committee also draws on her time. Among its projects, she helps with church-sponsored meals for migrant workers in Shelbyville and at St. Anthony's Soup Kitchen, 531 E. Liberty St., with sponsorship of refugees and collecting gifts for needy children. She also brings the Eucharist to the homebound and to two nursing homes, and helps provide meals to bereaved families.

Public service is a family habit. Hayden Heaphy won a Bell Award in 1991 for his work for the Audio Studio for the Blind in Anchorage.

"Volunteering grows on you," she said. "It's as rewarding to me as it could be. If I can do something to give someone else a chance, I want to."

Thomas A. Pardue Jr., 68, of Louisville, Heaphy's co-Senior Citizen of the Year for Jefferson County, feels the same way: "I can't conceive of not being involved."

For Pardue, being involved means sawing, hammering and painting on houses being built by the Habitat for Humanity program for people who otherwise couldn't afford them.

It also means equally strenuous manual labor cleaning, painting, erecting and dismantling more than 100 basketball goals for two yearly street-ball tournaments sponsored by the Cabbage Patch Settlement House.

All this has been a drastic about-face for a career white-collar man. Pardue, a native of Frankfort, studied at the University of Kentucky and, after a stint in the Air Force and graduate work at UK, moved to Louisville in 1955 as an investment officer with the old Citizens Fidelity Bank. He retired 30 years later, went briefly to Charlotte, N.C., to work for another bank, then returned to Louisville two years later.

For 10 years Pardue has helped the Cabbage Patch Settlement House's two major fund-raisers, the summertime outdoor Winn-Dixie Street Ball Showdown and the wintertime 3-on-3 Jamboree, held indoors at the Kentucky Fair & Exposition Center. He puts in as many as 20 hours a week over two to three months getting the goals ready for the tournaments and storing them afterward.

Proceeds from the two tournaments help inner-city children and families served by the Cabbage Patch agency at 1413 S. Sixth St.

Since 1992, Pardue estimates, he has helped build 30 to 40 houses for Habitat for Humanity. His responsibilities have ranged from putting on siding or shingles to supervising work crews. Currently he works two days a week on a house being sponsored by his church, Second Presbyterian Church, and a third day on another house.

"It was all new to me," he said. "I learned on the job."

Aside from the satisfaction of being useful, the experience helped in another way. "Habitat taught me to do some household chores," he said, and now he tackles projects he formerly avoided, including shingling his garage and installing a skylight.

His wife, the former Jeannette Achor, has served on the Cabbage Patch board of directors and, with other women from Second Presbyterian, sees that their Habitat workers are fed on the job.

"After retirement, it was time for me to give back to the community," Pardue said. "I wouldn't have it any other way. I'm having fun. Life's so full."

Of all the activities that brought **Geneva Sams,** 62, of Corydon, Ind., selection as the South Central Indiana Older Hoosier of the Year, her favorite may be dressing in period costume during holidays at Wyandotte Woods State Forest and demonstrating cooking and quilting to as many as 400 visitors a day.

"I love to cook and to quilt," she said. "People come by and talk. I love to talk."

Sams shows visitors how to use a Dutch oven to make stew and to bake biscuits, pies and cobblers. "It's amazing," she said. "Three or four people will stand there for an hour watching me roll pie dough. Nobody does this anymore."

If all Sams did was roll pie dough, she'd never have been Older Hoosier of this or any year. But she has also been involved in a multitude of other civic projects in Harrison County.

She has been employed by the Harrison County Community Services Department for 20 years, now as its special-rights coordinator. The job involves child-protection and insurance-advisory responsibilities, assisting flood victims, working on alternative-housing programs, coordinating social programs and helping people who are being removed from the welfare rolls to work.

She helped raise money for a public swimming pool through bake sales, bean-soup suppers and door-to-door canvassing. She serves in an advisory or board-of-directors capacity for the Parks Department, Red Cross, Extension Service, South Central Indiana Council for the Aging and for several boards of her church, Old Capitol United Methodist.

Sams is a Corydon native and lives in a house on property once owned by her grandfather, within a quarter-mile of where she has resided all her life. She is the widow of Eugene Sams, an Ohio River towboat pilot.

Service agencies to study transportation needs

Demand grows as funding gets tighter

By KAREN MERK
The Courier-Journal

A coalition of human-service agencies has received nearly $40,000 in grant money to study the best ways to fill one of their clients' biggest needs: transportation.

Southern Indiana's big names in the helping professions for people with physical, mental or financial needs — including the Council for the Aging, Rauch Inc., New Hope Services, LifeSpring, Community Action of Southern Indiana and others — all have one or more vans or cars that they use to shuttle clients to medical appointments and other destinations.

The organizations have long coordinated whenever possible, lending vehicles back and forth when needed, or buying insurance together at group rates, said Pat Jewell, who heads the Council for the Aging.

But they realize that, with better coordination, they could meet a growing need more effectively, she said.

With a $30,000 grant from the Indiana Department of Transportation and about $7,500 from Metro United Way, the agencies will hire a consultant to study whether it's feasible to set up a van-transit "brokerage system" and, if so, to advise them on how to get it rolling.

"All the agencies are strapped for funding. The money (in general) is lessening, but the need is certainly not said Starfire Soledad of the Kentuckiana Regional Planning and Development Agency, which helped get the grant.

At the Council for the Aging, which has 10 vans, the demand for transportation is soaring for several reasons, Jewell said

As the population ages, more people have physical restrictions that keep them from driving. With changes in health care, more people are being treated as outpatients or in doctors' offices for maladies that used to keep them in a hospital.

As communities have developed in outlying areas, more people live far from bus lines and population centers. And families have changed, with more "traditional caregivers" in the work force, she said.

Moreover, Medicaid rules changed a few years back so that only 10 round trips to a doctor are covered each year. Many people exceed that limit and turn to community providers, she said.

All these factors combined to strap her agency to the point where 400 requests for transportation had to be turned down last year, Jewell said.

See AGENCIES
Page 2, col. 1, this section

"All the agencies are strapped for funding. The money is lessening, but the need is certainly not."
Starfire Soledad

Agencies will study transportation needs

Continued from Page B1

Marion G. Van Cott, who moved to Floyds Knobs last May from Lexington, Ky., uses the council's van service frequently.

"They are wonderful," she said. "I don't know what I would do without them." Van Cott, 80, must regularly see two doctors and a surgeon in Floyds Knobs, New Albany and Louisville. No buses run anywhere near her home, which is near Mount St. Francis. Van Cott's daughter, with whom she lives, works in Louisville at a demanding job and can't always take time off to shepherd her mother to appointments.

So Van Cott, who gave up driving for physical reasons, was in a tough spot. A neighbor was able to help once, "but I don't like to impose on people," she said.

Once she found out about the council's service, though, things got better.

"The other day I had this lovely man who helped me," she said. Not only did he drive her to her appointment, but he had her wait in the car while he did a quick scouting mission to find out where the doctor's office was in the building.

"They have been very handy and very helpful," she said.

Carl Kramer heads a committee of the Southern Indiana Transit Advisory Group that has been working on the grant and the transit-system idea. He said that in addition to traditional clients with transit needs, more people with lower incomes who are moving from welfare to work need rides to job interviews and to work.

"We've known for a while that if we could get centralized coordination, we could serve more people in more parts of the community," Kramer said.

If the brokered transit system becomes a reality, he said, there may be a way to transport people from outlying areas to TARC stops. TARC will be working with the agencies on the study as well, Kramer said.

The goal, he said, is to offer "more transit opportunities, more effectively — and at a lower cost."

BY ARZA BARNETT, THE COURIER-JOURNAL
"I don't know what I would do without them," Marion G. Van Cott said of the Council for the Aging's van service.

TRIBUNE PHOTO BY DON BECK

Now open

The newly constructed Brown-Starks Community Center on Bono Road and Graybrook Lane in New Albany has opened and a special open house was held last week. The official dedication ceremony will be held at 5:30 p.m. on Aug. 21. Shown hanging balloons on the outside are, from left: Vince Klein, Step Ahead Council; Melanie Albin, Lifesprings Mental Health; Tasmmie Smith, Employment Priority; Angeline Ramalho, receptionist; Brenda Kennedy-Snyder, Lillian Emery School; and Julie Wilson, Council for Aging.

Tribune 10/10/98

Golden Opportunities, Tuesday, October 20, 1998

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"We encourage people to visit the Angel Tree and adopt one of our Angels so they may all have a bright and happy holiday season," she said.

1998 SENIOR NUTRITION/
MEALS ON WHEELS
VOLUNTEER RECOGNITION

OCTOBER 27, 1998

ROBERT E. LEE BALLROOM

HOSTED BY
SOUTH CENTRAL INDIANA COUNCIL
FOR THE AGING, INC.

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A

BOARD OF DIRECTORS

President	Sandra Lewis	
Vice President	Sue Cravens-Phillips	
Secretary	Phillip Bates	
Treasurer	Odell Banet	
Members	Carolyn Eve	LindaSue Farrell
	Donna Greenhill	Eric Mann
	Geneva Sams	Rev. Dean Scott
	Billy Sue Smith	

ADVISORY COUNCIL

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STAFF OF THE NUTRITION PROGRAM

Patricia Asher	Mattie Malone
Jean Clark	Julie Money
Patricia Cole	Connie Montgomery
Mary Dunn	Brenda Neville
Betty Foreman	Joyce Riley
Audrey Hall	Norma Roberts
Mickey Hosier	Marietta Sands
Roy Hunter	Margaret Schneider
Sue Johnson	Cynthia Singleton
Lydia Lane	Dimple Smith
Virginia Lewis	Doris Smith
Della Lopp	Edna Smith
Norma Mala	JoAnn Stockton
Vicie Spicer	Carry Stargel
Jim Welling	Marilyn Smith
	Sheila Modica

WE MAKE A LIVING BY WHAT WE GET;
WE MAKE A LIFE BY WHAT WE GIVE

Today we honor 250 volunteers who contribute their time and talents to deliver meals or assist in our congregate sites. 16,000 hours are contributed yearly by these individuals.

We honor all of the staff of the of the Senior Nutrition/Meals On Wheels Program who train, assist, encourage and support our volunteers.

SCHEDULE OF ACTIVITIES

7:00AM	Registration/Social Time
7:30AM	Breakfast/Entertainment
8:30AM	Welcome/Introductions
8:45AM	Awards Presentation
	Closing Remarks
	Door Prizes

THANK YOU!

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B

CLARK CO.

LILLIAN ADDIS
DUKE ALLEN
MILDRED BAGSHAW
BILLIE BAKER
JAMES BARRYMAN
RUTH BRAMBLE
JOHNNY BELLER
LORETTA BRIDGEWATER
BETTY CAMPBELL
ALLIE COCHRAN
MONETA COLUCCI
ALBA CORDERO
JENNIFER COWARD
BEVERLY DALE
FRANK DALE
VIVIAN DANGLER
ELIZABETH ELLIOTT
ITATISHA FRANKLIN
MILDRED GLEASON
RUBY HAMILTON
DOROTHY HANCOCK
FANNIE HARTMAN
FLORA HAYES
ERLAND HEDGEGARD
MARY HERMAN
JAMES HOLZKNECHT
WANDA HOLZKNECHT
JEANNETTE HOOPER
JACK HUTSLAR
MARCIE HUTSLAR
BEN JOHNSTON
YVONNE JOHNSTON
RUTH KIRKMAN
MARVIN LEONARD
DORIS MALONEY
EVE MCGAR
LATHA MONTGOMERY
BILL MORRIS
LOUISE MORTON
BABE MUNCHOFF
DALE NEACE
AL NEUMEISTER
PEGGY NEUMEISTER
CORA NICKLES
HELEN OPEL
LORETTA OSBORNE
SHIRLEY PALAZZO
ORIVILLE PAYNE
RUTH PAYNE
MILDRED PETERS
MARGARET RAFFERTY
AMY RAGLAND
SARAH ROBERTS
DOROTHY ROBERTSON
ALICE RUSSELL
JOYCE RUTLEDGE
MELTIE SALMAN
DON SCHREIBER
FRED SMALLWOOD
DAISY SMITH
JANE SNYDER
ROSE STENGEL
MARY STONE
MARY TAYLOR
JIM TODD
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STANLEY WHITE
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NORMA WRIGHT
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PAULINE HENRIOTT
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MARY PATE
BETTY SCOTT
BESSIE THEVENOT
WILHELMENA TURLEY
THELMA TURNER

FLOYD COUNTY

CATHERINE BAKER
JUANITA BANET
MARY BOWERMAN
CAROLYN BOWES
PAUL BOWES
PAT BRIGHTWELL
DARLENE BROWN
FRAN BROWN
MARGARET BUCHANAN
HAZEL BYRNE
HELEN CARPENTER
JANICE CARROLL
MARILYN CAVAN
JACIE CHAFFIN
BERNARD DAY
FRANCES DAY
BETTY DAY
JIM DAY
NADINE DOTT
ROBERT DOTT
KITTY EIB
NAOMI EDDINGS
HELEN EMELY
KAY ENLOW
SYLVIA EVESLAGE
WILLIAM EVESLAGE
VERNA FORSHEE
MABEL GAHALLER
ROBERT GAHALLER
EDNA GESWEIN
ELMER GESWEIN
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ANN GROVER
LAWRENCE HALL
NELLIE HALLER
DORIS HARRISON
EDNA HENTRUP
EUGENE HILL
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JANICE HILL
KEVIN HORNUNG
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TONY KENNELL
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TONI KLEIN
MARIETTA LAMM
JESSE LONG
LOUISE LOPP
TED LOPP
BILL MARTIN
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MARGARET MAYMON
ROBERT MCKAY
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STACY MECIER
LAWRENCE MILLER
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KAY MODICA
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VIOLA NOBLE
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IONE ROHDE
ED ROUCK
TWILA ROUCK
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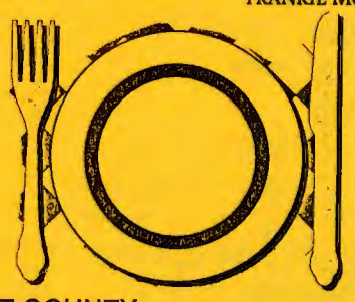
WALTER SCHULZ
CARL SEARS
JESSIE SEWELL
BEN SHINER
BEVERLY SIEBERT
HERB SIEBERT
CAROLYN SMITH
JERRY SMITH
VICTOR SOERGEL
MARY STROUD
FLORRIE SURLES
ELOISE TUCKER
VIRGINIA TURNER
OSCAR VOELKER
CHARLIE WALTS
THELMA WALTS
GLENN WALTS
WILMA WALTS
HAROLD WALTS
MATIE WATTS
JANE WATKINS
BERTHA WEBB
RALPH WEBB
RITA WEBB
ANN WEBER
CARL WEBER
ED WEINMANN
KATE WEINMANN
ANNABELLE WILLIAMS
DON WILLIAMS
JESSE WILSON
EMMOGENE ZIMMERMAN
CAROL ZINK



SCOTT COUNTY

AMERIDA BARGER
HAZEL BARGER
MARJORIE BROWN
LUCILLE DEAN
MAXINE HALEY
GARLAND LANGDON
BRET MORGAN
RUBY MORGAN
RALPH RUTHERFORD
LAYTON SMITH
ORAL SMITH
KATHLEEN STONE
WILLIAM WEATHERS
AUDREY WILLIAMS
VIRGINIA WOLFF

Golden Opportunities, Tuesday, October 20, 1998

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25TH ANNIVERSARY

AWARDS PRESENTATION

The following individuals have provided volunteer services as Meals On Wheels Drivers.

Ruth Kirkman - Clark Arms - 25 years
Ione Rohde - Parkview Towers - 25 years
Historic Kiwannis of New Albany - Parkview Towers - 25 years
Bernard & Frances Day - Parkview Towers - 21 years
Naomi Eddings - Georgetown - 20 years
Bill & Rebekah Martin - Georgetown - 20 years
Charles & Thelma Walts - Georgetown - 20 years

The following individuals have provided volunteer services as Nutrition Site Assistants.

Ray Miller - Parkview Towers - 25 years
Wilhelmena Turley - Corydon - 25 years
Thelma Turner - Corydon - 25 years
Ruby Hamilton - Charlestown - 23 years
Juanita Banet - Riverview - 21 years
Mildred Bagshaw - Henryville - 20 years
Marjorie Board - Corydon - 20 years
Loretta Bridgewater - Henryville - 20 years
Allie Cochran - Henryville - 20 years
Latha Montgomery -Charlestown - 20 years
Dorothy Robertson - Henryville - 20 years

The following organizations and individuals have supported our efforts through volunteerism and monetary donations.

Catholic Community of St. Augustine
Catholic Community of Sacred Heart
Culbertson Ladies Home Board
Hoosier Hills Home Health
(Formerly Floyd Memorial Home Health)
New Albany Care Center
St. Marks United Church of Christ
Douglas & Joan Trusner
Robert & Kathleen Waterman

IN MEMORIAM

WE GREATLY MISS THE FOLLOWING VOLUNTEERS AND STAFF WHO GAVE THEIR TIME AND TALENTS TOWARD THE SUCCESS OF THE SENIOR NUTRITION/MEALS ON WHEELS PROGRAM.

Joan Dietz - Site Manager - Sellersburg

William Grover - Volunteer - Park view Towers

Kenneth Hess - Volunteer - Mark Elrod Towers

Marjorie Julian - Volunteer - Scottsburg Senior House

Lucille Neuhauser - Volunteer - Scottsburg Senior House

Melvin Smith - Volunteer - Park View Towers

Dean Walts - Volunteer - Georgetown

Melvin Weber - Volunteer - Parkview Towers

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We thank the following individuals who generously helped with their time and gifts.

Aebersold Florists	New Albany
Actors Theatre	Louisville
Cannon's Florist	Jeffersonville
Derby Dinner Playhouse	Jeffersonville
Fantastic Sams	Clarksville
Hammond/Lemmons Pest Control	Salem
Hampton Inn	Clarksville
Holiday Inn Lakeview	Jeffersonville
Kentucky Railway Museum	New Haven
Kintner Inn	Corydon
Louisville Zoo	Louisville
OutBack	Clarksville
Southern Indiana YMCA	Jeffersonville
Marilyn Smith	Registration
Sue Johnson	Registration
Jim Welling	Registration
Virginia Lewis	Door Prize Tickets
Doris Smith	Door Prize Tickets
Audrey Hall	Door Prize Tickets

78

Golden OPPORTUNITIES

Published as a service for the 50-plus age group by The Evening News

Vol. No.11 November, 1998

COUNCIL FOR THE AGING FOUNDING DIRECTOR THELMA BERTRAND receives a congratulatory hug from LifeSpan Resources Executive Director Pat Jewell after receiving a special award, as board president Sandra Lewis looks on approvingly. (See Page 5)

Council for Aging marks 25th year, changes name

■ Retiring congressman named '98 recipient of Thelma Bertrand Award

From Staff Reports

"HELP WANTED: Executive Director for new agency to provide services to the elderly."

Thelma Bertrand answered this ad and built an agency devoted to enhancing the lives of the area's elderly population.

Thus began South Central Indiana Council for the Aging & Aged, Inc. That was in 1973 and today, 25 years later, the agency not only provides services to the elderly, but to disabled persons of all ages.

On Oct. 28, the community joined the council in celebrating its 25th anniversary at Kye's II in Jeffersonville.

Sandra W. Lewis, president of the board of directors, served as the master of ceremonies.

Although the evening was to celebrate the council's accomplishments, it would not have been complete without recognizing those individuals/businesses who have contributed to the agency's growth and continued success.

UNVEILING AGENCY'S NEW NAME are Council for the Aging founding director Thelma Bertrand and present Executive Director Pat Jewell.

Staff photos by Crit Fisher

Awards presentation

Plaques were presented to the cities of New Albany and Jeffersonville whose mayors — Warren Nash and Richard Vissing — had the foresight to form a steering committee to apply for federal funds to assist the elderly in their communities.

The founding executive director, Thelma Bertrand, was responsible for developing the agency and with her dedication, perseverance and commitment she formed a solid foundation for the agency to grow upon, said Lewis.

And grow it did. What started as an elderly nutrition program quickly developed into an organization with a multi-faceted array of support services. Thelma retired as director

Congressman Hamilton

in 1984 and passed the torch to Patricia Jewell, the current executive director.

From a modest grant of $18,000 in the beginning, the operating budget now exceeds $3 million.

Staffers honored

Several agency personnel were awarded certificates and/or plaques in honor of their years with the agency.

Five-year employees were Norma Mala, Virginia Lewis, Kathye Roper and Ramona Miller.

Ten-year plaques were given to Lynne Lane and Frances Hunter-Able.

Bertrand was surprised during the evening with an award named in her honor which recognized her "tireless leadership and relentless advocacy for senior citizens."

Jewell highlighted the many accomplishments of the first director and noted her continued support after retirement in multiple areas.

The Rev. Dean Scott serenaded Thelma with his rendition of "His Eye Is On The Sparrow."

Hamilton receives award

The 1998 Thelma Bertrand Award recipient was Ninth District Congressman Lee H. Hamilton, who is retiring from Congress after serving 34 years in the House. Hamilton accepted the award and spoke about his more than 20 years of involvement with the agency.

(See Council, Page 6)

80

RSVP major booster of Senior Angel Tree; volunteers kept busy

TEDDY BEARS for the Senior Citizens Tree are displayed by, front row from left, volunteers Sue Hellman, Evaline Buchheit, Council for the Aging special projects coordinator Julie Wilson, and Roberta Ogle (seated); back row, Mary Harpe, Rosemary Carter, Frieda May Wilson, Kitty Eib and Mabel Huddleston.

Staff photo by Ron Dick

By CEIL SPERZEL
RSVP Director

The Retired and Senior Volunteer Program is a big supporter of the Council for the Aging's Senior Citizens Angel Tree. Seniors like to help other seniors and the Angel Tree offers a wonderful opportunity to do just that.

RSVP's Interfaith and Clark Arms Workshops make things for Senior Angels all year long.

This year, they have made more than 100 special lap robs which essentially are miniature quilts — to be given as Christmas gifts to seniors with no families.

They also made walker bags that allow Senior Angels to carry their belongings while they move around, The workshop ladies believe that Christmas gifts should be special and they are very particular about the things they make for the Angel Tree.

Fabric donated

As fabric is donated throughout the year, they keep an eye out for colors and patterns that match so their gifts are beautiful as well as functional.

Other volunteers make things at home, Some knit or crochet intricate and lovely Afghans and shawls.

Julie Wilson, special projects coordinator for the Council for the Aging, and the one who administers the Angel Tree, gives the more delicate items to her homebound Angels. Knitted and crocheted items don't hold up as well after institutional washings. About 10 percent of the Senior Angels live at home.

Bedsocks for patients

Several years ago, a lady moved here from Pennsylvania. The RSVP there has volunteers who knitted bedsocks for nursing home patients. Dorothy brought her considerable skill and experience and her pattern with her.

While she was with us, she covered the feet of dozens of Senior Angels. The bedsocks were very popular because they were long, attractive, easy to get on and they didn't fall off. We still have the pattern, but haven't found another knitter to pick up where Dorothy left off.

House slippers made

We do, however, have some volunteers who make lovely house slippers and those who make numerous varieties of caps.

Senior Angels are just like everyone else in that they occasionally need something to cuddle. So RSVP volunteers carefully craft Love Bears that are safe and washable. They are so colorful, cute and cuddly that we hate to part with them at Angel Tree time.

Toiletries always needed

Many Senior Angels need toiletries — toothpaste, lotion — items that we take for granted. While we obviously cannot make those things, we can collect them. Volunteers donate them throughout the year as they find them on sale.

All of these items are used to supplement the shopping that is done when someone takes an Angel from the tree. Angel Tree shoppers provide sweatsuits, pajamas, robes, underwear, shoes and toiletries — whatever is needed for each specific Angel.

Senior volunteers add homemade items to the mix in hopes that each Senior Angel will have a very special day and a more comfortable year.

The Senior Citizens Angel Tree will be at center court at River Falls Mall through Nov. 24, If you visited the tree between Nov. 16-18, you were greeted by a pair of RSVP volunteers.

The Council for the Aging had a great idea when it started this tree 10 years ago. Senior volunteers are happy to do their part to make it a success.

For more information,call Julie Wilson as 948-8330.

Working together, building together

PHOTOS BY DURELL HALL JR., THE COURIER-JOURNAL

MeriBeth Adams-Wolf, one of the staffers at the new Brown-Starks Neighborhood Place in New Albany, worked on a coloring project with Thomas Jay Smith. A half-dozen agencies routinely operate in the building.

NEW ALBANY Nov 18, 1998

New center offers families help

MeriBeth Adams-Wolf was telling youngsters of the dangers of drugs. A boy held up his hand to speak, then said his daddy wants to kick that very habit.

And some of the children had come in through a door that Mindy McKnight, a day-care teacher, recently had glanced out of to see a man waving a pistol.

With that in mind, the needs and risks are apparent in the area north of downtown New Albany being served by the new Brown-Starks Neighborhood Place. The $824,000 center, at 1200 Bono Road, is designed to make many kinds of help handy for hundreds.

The $824,000 center at 1200 Bono Road aims to help people in many ways. "It's a really positive thing," said Melanie Willoughby, who is trying to get off welfare.

82

For those who are being helped, Brown-Starks is a bonanza. "It's very convenient and he's learning so much," said Jennifer Akers, who was picking up her son Cody, 2, from the day-care center. "He doesn't want to leave."

DALE MOSS

But for the center to truly succeed, its workers must succeed at working in tandem. Can Adams-Wolf, who is a drug counselor, McKnight, and many others who do good on their own do better together?

Side by side, they must confer and refer and defer like never before. At worst, they'll argue over turf. At best, they'll lift dozens of families like Melanie Willoughby's. One agency helps Willoughby find a job to get off welfare, and another cares for two of her children so she can pursue leads.

In turn, Willoughby volunteers at Brown-Starks, helping serve dinner to latchkey kids who are mostly from the nearby Lillian Emery Elementary School. "It's a really positive thing," she said of the center.

For the staffers, Brown-Starks is an experiment that — to their credit — they're eager to try. So many are involved that the big building was too small on the day in August when it opened, though not all the agencies were fully in place.

"That's been the biggest issue," said Sandy Lindell, the building manager, "finding enough space for everyone's equipment."

Routinely, a half-dozen agencies operate there, and several more do as well at times. Day care and preschool are especially in demand, as is an after-school program called Kids Cafe that Lindell also oversees.

With mental-health counseling, training on child-rearing, job-quest aid, speech therapy, exercise classes for seniors, computers for use, and toys and books for loan — something is happening for perhaps 180 people a day. One agency makes sure babies are immunized, and another teaches people how to catch a TARC bus. And all workers have pledged to appear to be one to those who come to the center with needs. "We're concerned with making them comfortable," Lindell said.

But the center, which is named for deceased schoolteachers Ruth Harrison Brown and Mamie Starks, may be second-guessed as well as praised. Lindell said some seem to have missed the point. They expected a gym or a hangout.

"It never was intended to have everything for everybody all the time," said Vince Klein, the local school system's community liaison who, as much as anyone, worked to see Brown-Starks to fruition.

It is only fair to give the new approach time to prove itself, said Dan Coffey, a member of the New Albany Housing Authority, which donated land for the center. "If it actually does what it is supposed to do, we couldn't ask for anything better," Coffey said. "But we've got to give it at least a year."

Kent McDaniel is a neighborhood leader who helped plan the place. He is also waiting for the potential to be reached, and he's certain it can be. "It's just amazing what's been done," he said. "It's definitely a step forward — an asset to the neighborhood."

The city shares that view and is primed for several more centers to be built, said Carl Malysz, executive director of New Albany's Plan and Redevelopment commissions. A location for a center geared toward teenagers will be sought next year. "We're confident it will function really well," Malysz said of Brown-Starks.

Klein was undeterred by the effort it took to coordinate, to build consensus and to raise money along with interest. "What made it so hard was that it was from thin air," Klein said.

"There will be people to say it's too complicated to pull this off. But there's no evidence that that's the case so far."

For more information on what's available at Brown-Starks, call 981-4131.

Dale Moss' column runs Mondays, Wednesdays and Fridays on the Indiana page. You can reach him at (812) 949-4026.

Brown-Starks Neighborhood Place to be celebrated today

'rom staff reports

NEW ALBANY — Coopera-on, collaboration and old-fash-oned teamwork have resulted in ie first of what is hoped to be t least three public service cen-ers, and the celebration of this artnership will culminate in a pecial dedication ceremony to-ay beginning at 5:30 p.m..

The Brown-Starks Neighborhood Place, which houses several service providers for the Lillian Emery School neighborhood and its surrounding area, opened last week. Services range from child care to case management to mental health services. Brown-Starks is located at the corner of Graybrook Lane and Bono Road.

The neighborhood center concept originated in the Floyd County Step Ahead Council, a group of social service providers, which works cooperatively in delivering services to residents. The Council, under the leadership of Vince Klein, approached Mayor Doug England of the City of New Albany as they were looking for potential sites.

Mayor England agreed to commission a study in 1994 through Community Development resources. Following this study, the city was able to help by planning a series of public service centers, including the Brown-Starks, and two more sites, one in the west end and one in the east end of town.

The city also made available Community Development Block Grant funds totaling $345,000 for the site and developed a Neighborhood Public Service Center Development Corporation to oversee all possible sites.

The city was able to secure the site of the Brown-Starks center which was owned by the New Albany Housing Authority. With permission from the Housing Authority and the Department of Housing and Urban Development, the corporation is able to lease the site at one dollar a year for 50 years.

See *CENTER, page 2A

The Corydon Democrat

Randy West

Improper house wrecking

Dec 16, 1998

Corydon Chief Marshal Richard Yetter serves notice on Dan Cristiani Excavating employees Dave Meyers, left, and Ray Dowdle, that the backhoe they are using to take down the front part of the Harrison County Senior Citizens Center in Corydon last Tuesday did not have the proper permits to unload the backhoe. They got them a few minutes later and took down the building, which was ruined beyond repair in the March 1 flash flood last year. The back building at the center was preserved. It will be remodeled by the James L. Shireman Co. and turned into the new senior citizens center.

84

Floyd County Focus

Tribune 2-16-99

TRIBUNE PHOTO BY TRACY CONNELL

CONTRIBUTIONS — New Neighbors of Southern Indiana made several contributions to local civic organizations and charities. The proceeds were raised through the New Neighbors of Southern Indiana Christmas Boutique. From left to right are: Jane Alcorn, Interfaith Community Council; Pat Jewell and Sheila Killebrew, South Central Indiana Council for the Aging and Aged Inc.; Dani Cummins, Falls of the Ohio Clarksville Riverfront Foundation; Capt. Beverly Peterson, The Salvation Army; and Margaret Copeland, New Neighbors of Southern Indiana. Not pictured: Sally Newkirk, Floyd Co. Museum.

St. Mark's makes donations

Tribune 3-3/1999

PAUL SCHELLENBERGER/Tribune

St. Mark's United Church of Christ in New Albany recently made several donations from its benevolence fund. Representatives were on hand to receive the checks during Lenten Services at the church held each Wednesday of Lent at noon and 6:30 p.m. Pictured, from left, Nick Cortollilo, representing St. Mark's Board of Deacons; Pastor Ed Dennis of St. Marks accepting for Eden Seminary; Sheila Modica of meals on wheels; Lena Crabtree of the Center for Women and Families; Denise Lochner, Family Service Bureau; Vickie Parsons, volunteer and board member of the Interfaith Community Council's food pantry; Ellie Schweitzer, Boys and Girls Club; Jennifer Gream, St. Mark's youth, accepting for the Emmaus Home; Hal Kovert, board member of Brooklawn Youth Services; and Mary Lang of Hospice of Southern Indiana.

SUBMITTED PHOTO
Tribune 3/22/99

Open house

Collaboration efforts between Rauch, Inc., and Lifespan Resources (formerly known as the Council for the Aging) were celebrated with an open house and ribbon-cutting recently with a variety of representatives from local agencies and government officials. The location of 317 E. Fifth Street in New Albany now houses the transportation division of Lifespan Resources and ACCESS, a division of Rauch, Inc. In the photo: Ron McKulick, Rauch; Holly Hoopes, ACCESS coordinator; Mayor Doug England; Pat Jewell; Sandra W. Lewis, Lifespan CEO; and Bettye Dunham, Rauch CEO.

KIPDA, local human service agencies to develop single transportation system

By DAWN FOLEY
Tribune Staff Writer
Tribune 3/3/99

Several Southern Indiana human service agencies are teaming up with the Kentuckiana Regional Planning and Development Agency (KIPDA) to streamline their transportation operations and hopefully place them under a single coordinated system.

A total of eight agencies throughout the area are hoping to consolidate their transportation services to better serve their clients. KIPDA, on behalf of the agencies, began seeking proposals from consulting firms for the purpose of developing a strategic plan for the services in Clark, Floyd and surrounding rural counties.

"They feel combining these services will allow them to cut down their transportation expense, be more efficient, better serve their existing clients and make it easier to take on new clients," said Starfire Soledad, KIPDA project representative.

The Indiana Department of Transportation (INDOT) gave a grant to the organizations to help with the cost of funding the feasibility study. INDOT took carried-over transit plan-

See *KIPDA, page 2A

*KIPDA: Working with local service agencies

Continued from the front page

ning funds under section 5303 for the $30,000 grant. Reportedly, United Way will be matching the INDOT grant. However, Soledad said, "nothing is official yet but we are pretty certain" a grant will be given towards the study.

TARC is also helping to back the idea of combined transportation for the agencies with the intention of fully utilizing the services they offer.

"They (TARC) are being very supportive, hopefully the agencies involved can make the best use of their services," Soledad said. "There are feeder services to the TARC route so we may also be able to tie these transportation services in with the welfare-to-work program."

The agencies involved in the proposal are New Hope Services; Lifespring Mental Health Services; Lifespan Resources (formerly known as the Council for the Aging); Rauch; Interfaith Community Council; Retired Senior Volunteer Program; YMCA of Southern Indiana and the Providence Retirement Home.

These agencies currently transport about 1,155 adults who are elderly or have disabilities and at least 600 children in Clark, Floyd, Harrison, Scott and Washington counties annually.

According to Soledad, all requests to complete a feasibility study for the transportation project must be back to KIPDA by April 9 in order to be considered. KIPDA with the agencies' help will then decide on a consultant to go ahead with the project.

- Interested agencies can request a copy of the RFP by calling (502) 266-6084 or by downloading it from www.iglou.com/kipda/.

Local group earns first state grant of $30,000

By DAWN FOLEY
Tribune Staff Writer

FLOYD CO. — New Albany-Floyd County's Community Housing Development Organization (CHDO) was recently given it's first award since the county obtained its not-for-profit status and certification under the CHDO program.

The grant was awarded in the amount of $30,000 to help the organization to build units. The money was part of $3.86 million approved by Lt. Gov. Joe Kernan and awarded by the Indiana Housing Finance Authority to 30 Indiana counties last week.

"These funds will help our communities begin or sustain affordable housing programs," said Kernan, also chairman of the IHFA board of directors. "They will provide Hoosiers with the opportunity to live in higher quality homes."

The funds are taken from Indiana's allocation of the federal HOME Investment Partnerships Program and Community Development Block Grants.

According to Carl Malysz, director of the Redevelopment Commission and member of the CHDO's board of directors, the $30,000 given by the state will be matched locally. Some funding, Malysz said, was given by corporate sponsors, such as PNC Bank, who donated $5,000. The CHDO is currently run by a 14 member board, and Malysz said the funding will help hire an executive director to head the program.

One of CHDO's current projects is in conjunction with New Directions. The two organizations are working on the Providence Apartments Project under the umbrella of CHDO's Affordable Housing Development Committee.

> **"These funds will help our communities begin or sustain affordable housing programs."**
>
> Lt. Gov. Joe Kernan

Malysz writes and submit proposals to various organizations throughout the state to request funding to help the CHDO grow and provide affordable housing for residents. Malysz has recently submitted proposals to The Community Foundation of Southern Indiana and the Metro-United Way.

The CHDO Works Program allows the Indiana Housing Finance Authority (IHFA) to award HOME funds to CHDOs that are certified with the IHFA. Eligible activities the funding can be used for include: staff costs; office expenses; equipment; hardware and software; overhead; strategic planning; organizational development and the expansion of existing programs.

"This is quite a unique and interesting program, it is good to see all these public service agencies coming together for a single purpose," Malysz said.

Rep. Hill to speak at senior center

Courier

U.S. Rep. Baron Hill, D-9th, will speak to senior citizens about Social Security at 11 a.m. Friday at the Ken Ellis Senior Center, 211 Martin Circle in Jeffersonville.

Hill, who serves on the Social Security Task Force, will discuss the importance of saving Social Security and the risks associated with privatizing the system.

Lunch will be served following the event. The meeting is free to the public, but reservations are required for lunch.

For more information or to make reservations, call the Agency on Aging at (800) 986-3505. 4-7-99

Scott Co.

JOURNAL and THE CHRONICLE, Saturday, June 12, 1999 Page 5

Professional seminar at IUS to focus on unintentional abuse and neglect of the elderly

To bring awareness to the unintentional abuse and neglect of the elderly, the Governor's Task Force on the Prevention of Abuse and Neglect of the Elderly will present a free seminar, "Introduction to a Train-the- Trainer Program," for social services and nursing professionals on Tuesday, June 15.

The seminar will take place from 1 to 3 p.m. (fast time) in the multipurpose room in the library building at IUS, 4201 Grant Line Road in New Albany.

The seminar, funded by a grant from the Governor's Task Force, is coordinated by a group of senior nursing students at IU Southeast. They will use films, handouts, overheads and training modules to increase awareness of the unintentional abuse and neglect of elderly people, which according to statistics, is more common than the criminal, deliberate actions normally thought of as abuse. The program also strives to open up communication and understanding between social service and nursing professionals on the causes and prevention of abuse and neglect of the elderly.

Valerie McCarthy, a senior in the BSN program at IUS and a member of the Governor's Task Force, said the seminar is a pilot program for a project to be offered statewide in the future. McCarthy represents Clark, Floyd, Scott and Harrison counties in Southern Indiana on the Task Force. Also helping with the seminar are IUS nursing students Charlette Shepperd and Carla Repp.

Additional support for the seminar comes from the Indiana State Agencies and Programs on Aging, LifeSpan Resources Inc., Transitional Health Services of Clark County and TransCare Rehab and the Nursing Division at Indiana University Southeast.

The seminar will use training materials from the Center for Advocacy for the Rights and Interests of the Elderly, located in Philadelphia.

PHOTOS BY KEITH WILLIAMS, THE COURIER-JO

Bell-ringers Katie Niemiller, left, Frances Lee and Leona Hepp practiced for an upcoming concert.

JEFFERSONVILLE

Golden-agers lift voices, bring smiles

By GREGORY A. HALL
The Courier-Journal 6/99

Louise Morton retired as a house cleaner more than 20 years ago when doctors told her she couldn't work any more. They didn't tell her she couldn't keep on singing.

Louise Morton, 89, says age can't stop her from singing.

"I'm an old lady, but I love to sing," the 89-year-old Morton said. "God gave me that strength, and I'm going to use it as long as I can."

Morton and a handful of other seniors sing and play musical instruments in a traveling road show called the Ken Ellis Singers.

The group started performing about 14 years ago "to try to put smiles on people in nursing homes," said Sue Johnson, the activities coordinator at Jeffersonville's Ken Ellis Community Center, from which the group takes its name.

The community center, located on Martin Circle, is a place for seniors to get together on weekdays from 10 a.m. to 2 p.m. For several years, Morton cooked the meals. Now they're brought in.

Most days, seniors take part in activities. But about once a month, the Ken Ellis Singers take to the road. Tomorrow the eight-member group will perform at the Sterling House assisted-living center in Jeffersonville.

Sometimes as many as 15 people are in the group, which is open to anyone 55 or older. Through the years, Johnson said, about 50 people have taken part in the performances.

"We don't practice a whole lot, and you can probably tell from the show," Johnson said.

Practices are no more than 15 minutes once a week for most of the performers.

Tomorrow's performance features classic songs like "Margie" and "Toot Toot Tootsie."

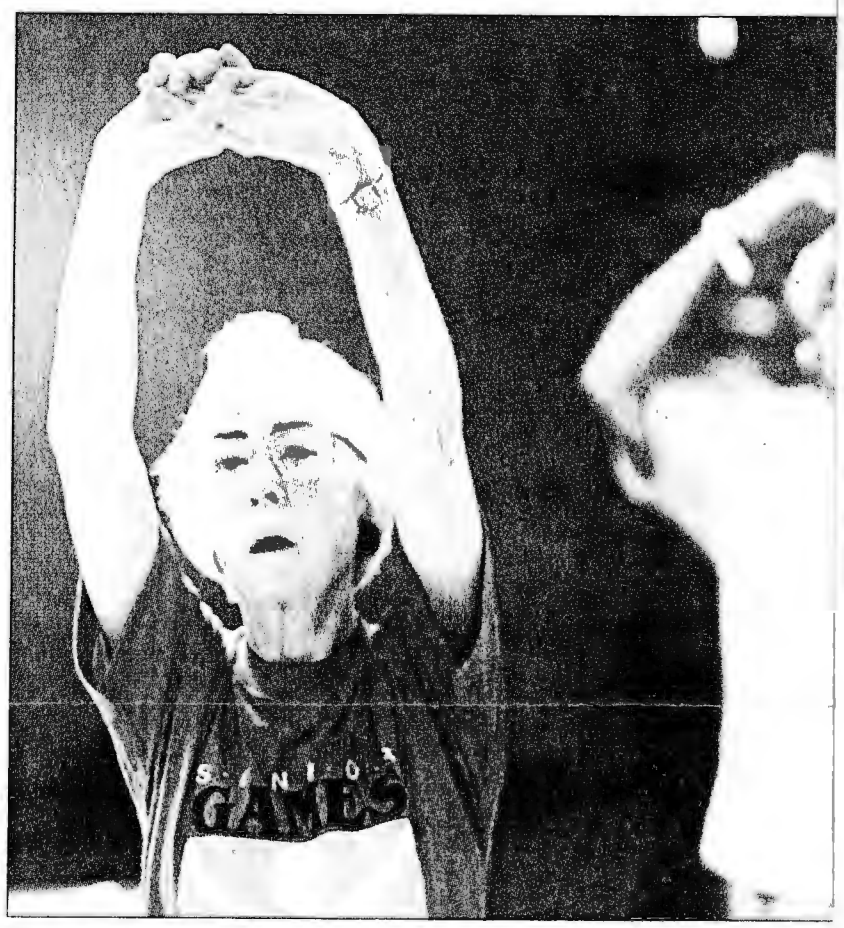
Morton started coming to the center when she faced the prospect of doing nothing at home.

"I just said I've got to do something," she said.

She sings in her Methodist church choir, and that led to her participation in the Singers when the group started.

"I enjoy it because God gave me health and strength to do things like that," she said. She fears that if she quits, "He might take it away from me."

So she keeps on singing: "I don't want to be sitting around doing nothing."



Liberty Bauer took part in an exercise class at Ken Ellis Community Center. She is 80 and goes three times a week to the Jeffersonville center, a place for seniors to get together on weekdays from 10 a.m. to 2 p.m.

98

Let the Senior Games begin

Courier-Journal
6/7/99

BY KEITH WILLIAMS, THE COURIER-JOURNAL

Joan Corbett of Charlestown, Ind., watched her shot during competition. The Senior Games give hundreds a chance to have some fun and to help raise about $5,000 for the Meals on Wheels Program.

Hundreds compete for fun, honor

By BEN Z. HERSHBERG
The Courier-Journal

Bill Wolpert, 78, carefully lined up his shot and gave the cue ball a gentle nudge with his stick.

He sank the eight ball, but the cue ball almost fell, too — which would have cost him the game.

As it turned out, though, Wolpert won his Eight Ball match against 80-year-old Robert Fish in the Senior Games, a competition that started Friday in Jeffersonville's Nachand Field House.

The games continue this week — with such events as a dance competition, miniature golf, bowling and a bake-off — for 325 senior citizens from Clark, Floyd, Scott and Harrison counties.

This is the 13th year for the games, which are organized by LifeSpan Resources, a not-for-profit social service agency.

The games provide entertainment, competition and socializing opportunities for elderly residents, said Julie Wilson, special projects coordinator for LifeSpan.

Because they are supported so well by contributions from businesses and the public, Wilson said, the games also provide $5,000 or more a year for the Meals on Wheels Program after covering their costs of roughly $12,000.

While the competition started Friday, the formal opening ceremonies will be today at 11 a.m. at St. Augustine's Parish Hall on Maple Street in Jeffersonville. Lunch and bingo follow the ceremony.

Contestants — most competing in several events through the six days of competition — include more than 60 men and women at least 81 years old and about 80 men and women from 75 to 80.

Eligibility for the games starts at age 55. Men and women compete against people of the same age and gender.

For John Kiviniemi, 71, of Scottsburg, the games are a lively break from a retirement that is often tedious.

"I got serious heart problems," Kiviniemi said, adding that he has needed a pacemaker since 1986.

The heart problem limits his activity, Kiviniemi said, preventing him from doing the carpentry and construction work he loves.

"My mind wants to do it," he said during a break from Eight Ball, "but the body won't cooperate."

Unable to work, he often finds himself sitting for hours in his apartment, he said, "watching the idiot box."

But "I still like to get out," he said.

Kiviniemi said he heard about the Senior Games at the Scottsburg Senior Center. On Friday, he and four others went to Jeffersonville in the center's van.

Besides playing Eight Ball, Kiviniemi said, he plans to fish and play golf in the Senior Games — and probably euchre and miniature golf, too.

Wilson said she'd love to have many more competing in the games. It costs $8 to compete; participants must live in Clark, Floyd, Scott or Harrison counties.

Registration for this year's games is closed, Wilson said, but anyone who wants information about future competitions can call LifeSpan in New Albany at (812) 948-8330.

SELECTED EVENTS

Opening ceremonies, lunch and bingo: Today, 11 a.m.-1 p.m., St. Augustine's Parish Hall, Jeffersonville.

Dance competition: Today, 12:30 p.m.-3 p.m., St. Augustine's Parish Hall, Jeffersonville.

Miniature golf: Tomorrow, 8 a.m.-noon, River Fair Family Fun Park, Clarksville.

Bowling: Tomorrow, 12:30 p.m.-4 p.m., Eastern Lanes, Clarksville.

Cards and checkers: Wednesday, 12:30 p.m. -4 p.m., Indiana University Southeast, New Albany.

Fishing: Thursday, 7:45 a.m.-11 a.m., Sam Peden Community Park, New Albany.

Closing ceremonies: Friday, 9 a.m.-1 p.m., Graceland Baptist Church, New Albany.

Page 12 THE BANNER-GAZETTE, Wednesday, September 8, 1999

The Family Health Center of Clark County thanked its volunteers and the founding board of directors at an open house on Aug. 11.

"The Family Health Center's founding board members had a vision in 1992 to open a clinic for the working poor and uninsured of Clark County. We have achieved that goal," says Betty Wolverton, chairperson. "We want to take time to publicly thank the founding board of all our volunteers for their service and dedication to the Center."

The founding board members present at the open house were, from left to right: David Owens, Pat Jewell, Merle Stepp, Dr. Kevin Burke, Barbara Williams, Barbara Anderson, Sharon Hilton and Mike Meyer. Not pictured are George Hill, Joan Dome and Julie Morris.

The Family Health Center of Clark County, located at 1301 Akers Ave., Jeffersonville, is an independent, nonprofit corporation and a Metro United Way of Clark County agency. It provides quality healthcare to low-income, uninsured and under-insured residents in Clark County.

90

What's in a name? From Council for Aging to LifeSpan, mission remain

The Evening News - Golden Opportunities Sept 17, 1999

■ Started as a food program, agency has been expanded to a multi-services unit serving elderly, disabled in 4 counties

By MARC MEYER
News Editor

It has a relatively new name but it's been providing a comprehensive network of services to persons age 60 and older in Clark, Floyd, Harrison and Scott Counties for almost 26 years.

The "it" is LifeSpan Resources, headquartered in New Albany, which is the "successor" to the venerable South Central Indiana Council for the Aging and Aged Inc. The agency's slogan is: "Promoting independent living for persons of all ages."

The name change was announced — appropriately — during the Council for the Aging's 25th anniversary celebration Oct. 28, 1998, at Kye's II in Jeffersonville.

Reason for change

LifeSpan Assistant Executive Director Earlene Bennett, who has been with the agency for almost 19 years, said the name was changed "because it more accurately describes the population we serve."

Prior to advancing to assistant to Executive Director Pat Jewell, Bennett served as homemaker, In-Home Services clerk and executive secretary.

Jewell, who has been in charge of the agency for the past 15 years, said the new logo was designed by National Management Market of New Albany and reflects the mission of LifeSpan.

In 1973, this newspaper advertisement appeared:

"Help Wanted: Executive Director for new agency to provide services to the elderly."

Answering the ad was Thelma Bertrand who proceeded to build an agency devoted to enhancing the lives of the area's elderly population.

At the time, there was no way she could have envisioned the scope of operation that the Council over the years would achieve.

Started as food program

The agency was started basically as an elderly nutrition program, but rapidly developed into an organization with multi-faceted support services for seniors of Clark, Floyd, Harrison and Scott Counties.

After developing the agency from a fledgling program founded with a modest $18,000 grant to a multiple-services agency over an 11-year span, Bertrand stepped down in 1984 and handed over the reins to Jewell.

Under her leadership, the Council continued to expand at an unprecedented pace, developing dozens of new programs and funding sources and implementing successful fundraising strategies.

Despite its more than a quarter of a century span of service to the elderly and disabled, many aspects of the Council for the Aging/LifeSpan Resources operation are relatively unknown to a large segment of the population.

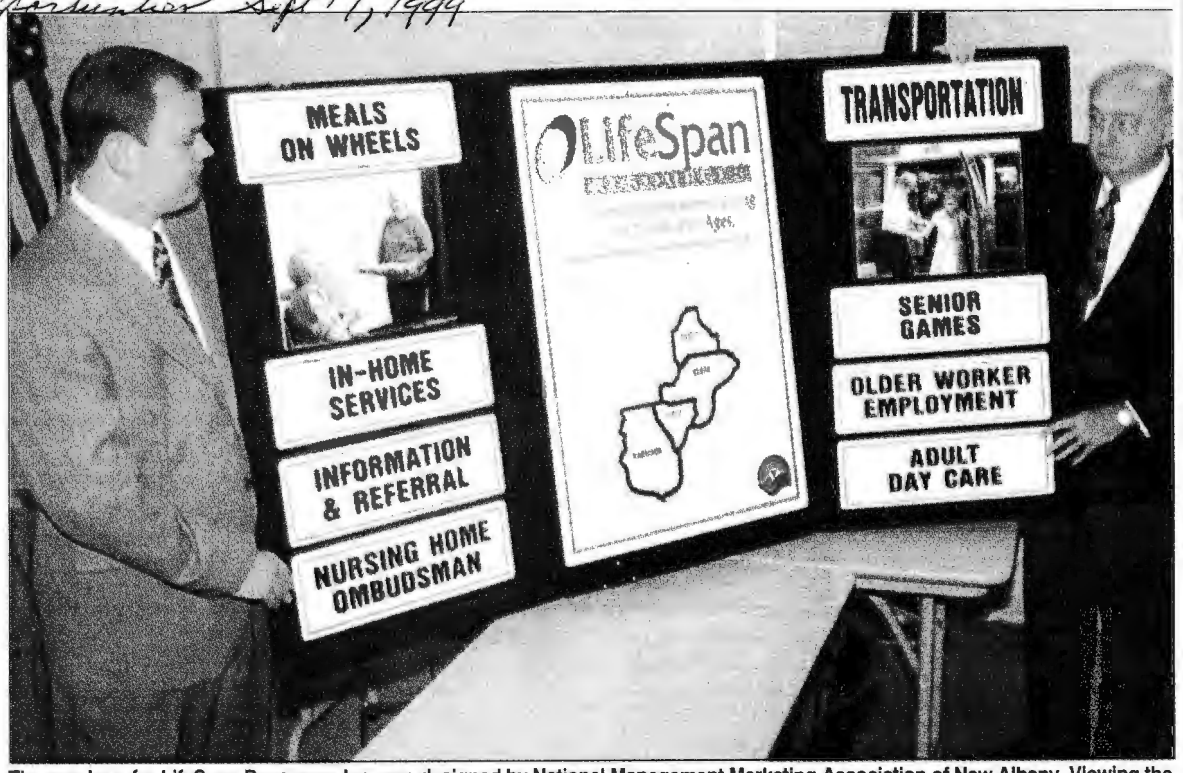
Many residents perceive the council as basically a Wheels on Meals operation, unaware of the tremendous scope of services offered by the agency.

Despite her tremendous success as the top administrator, Jewell has consistently refused to accept credit for the strides the Council — and now LifeSpan — has made to improve the lifestyle of the elderly and disabled.

Gives credit to others

As she said in an earlier interview, "I can't emphasize enough how much the success of this agency is as a result of teamwork and not any one individual, particularly myself.

"The people who make the difference include our entire staff and all volunteers, especially our board of directors," Jewell said.



The new logo for LifeSpan Resources Inc. was designed by National Management Marketing Association of New Albany. Viewing the sources Executive Director Pat Jewell are company president Art Caufield (right) and vice president Pat Caufield. The firm was prese tion for its work.

LifeSpan In-Home Services staffer Debbie Garrett talks to client Nevel Brewer of New Albany during a visit to his home to check on his needs. The program provides at-risk seniors and disabled persons a wide range of services.

When asked what she likes most about her job, Jewell replied, "Knowing what I do makes a difference in the lives of the elderly."

LifeSpan's performance in sheer numbers is remarkable.

For example, 162,000 mid-day hot meals were served to seniors at 16 nutrition sites in the four-county area served by the agency during the past year.

From a transportation standpoint, 24,500 one-way trips were provided by the agency for medical — doctor appointments, therapy, dialysis — socialization and nutrition.

Here are other examples of services provided by the Council for the Aging's successor:

■ 19,000 hours of care management service (assessment, referral and monitoring.

■ 718 individuals are receiving ongoing support services from the In-Home Services program, including homemaker, respite and home health aide among others.

■ 6,820 calls were received for information and assistance, 966 of which were from individuals requesting in-home services.

■ 1,800 nursing home pre-admission screening applications were processed for appropriateness of placement.

■ 17,355 hours of community service were rendered through the Senior Community Services Employment Program.

Other notable figures

■ 425 resident rights/resident care issues were resolved by the long-term care ombudsman.

■ 2,959 health screenings were provided at no cost for blood pressure, blood sugar, hemoglobin, hearing, glaucoma, vision and flu vaccinations, and ongoing weekly exercise classes (150 per year) were conducted at three senior centers.

LifeSpan is funded by federal, state and local sources and is one of 16 Area Agencies on Aging in Indiana administered through the Indiana Family and Social Services Administration.

Programs for income-eligible persons are funded by Social Services Block Grant funds and services are also available for persons of all ages with disabilities.

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Nutrition sites listed

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LIFESPAN

CONTINUED FROM PAGE C1

Transportation: Reservations for transportation to nutrition sites, doctors, groceries, banks, social service organizations and similar locations should be made at least 72 hours in advance.

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Senior centers in each county pro vide crafts, games and educatio programs. Seniors may drop in dur ing hours indicated Monday throug Friday. In Jeffersonville, example hours at the Ken Ellis Center are a.m. to 3:30 p.m.

Sheila Modica, right, director of the LifeSpan nutrition program, discusses the Mark Elrod Towers meals site operations with manager Mickey Hosier. The agency operates nutrition sites at 16 locations in four counties.

Street — 967-4139

✓ Charlestown Community Center, 196 McCampbell Street — 256-3941

✓ Yellowwood Terrace, 2100 Greentree North, Clarksville — 282-1435

✓ Clark Arms Apartments, 117 W. Market Street, Jeffersonville — 283-8800

✓ Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville — 283-7356

✓ Claysburg II Towers, 1306 Wall Street, Jeffersonville — 283-8976

✓ St. Francis Catholic Church, Highways 31/160, Henryville — 294-1080

✓ Georgetown Christian Church, 9420 State Road 64 — 951-3533

✓ Mark Elrod Towers, #1 Wolfe Trace, New Albany — 945-8861

✓ Parkview Towers, 125 Fisher Drive, New Albany — 945-9438

✓ Riverview Towers, 500 W. Scribner Drive, New Albany — 945-8026

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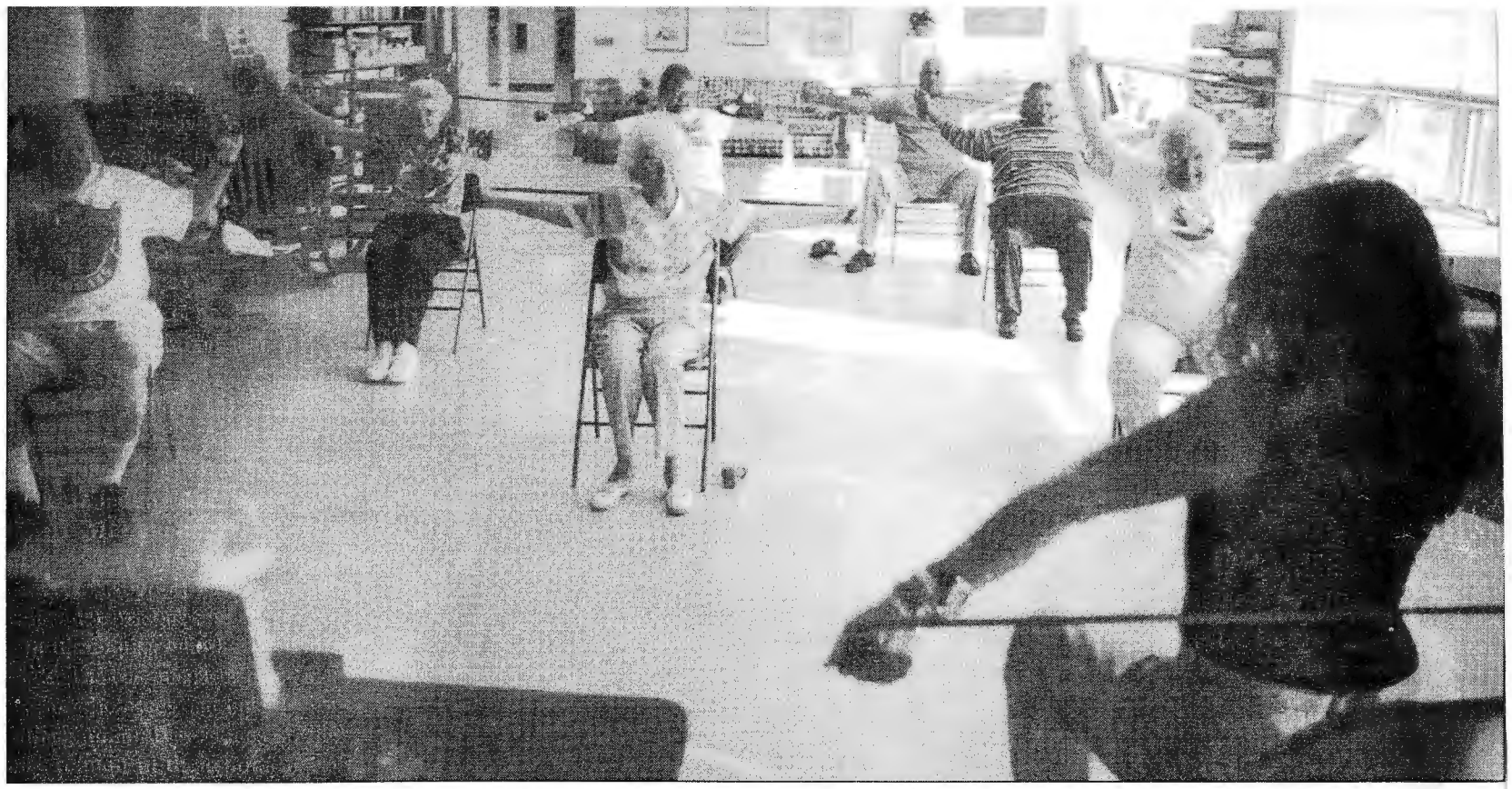
Thumbnail descriptions of some of the services provided by LifeSpan:

SEE LIFESPAN, PAGE C2

92



LifeSpan special projects coordinator Julie Wilson (back to camera) leads residents at Mark Elrod Towers in stretching exercises using elastic straps.

STAFF PHOTOS BY RON DICK

THE EVENING NEWS

"Labor is the great producer of wealth; it moves all other causes."

—DANIEL WEBSTER

GOLDEN OPPORTUNITIES

FRIDAY, SEPTEMBER 17, 1999

What's in a name? From Council for Aging to LifeSpan, mission remains same

■ Started as a food program, agency has been expanded to a multi-services unit serving elderly, disabled in 4 counties

By MARC MEYER
News Editor

It has a relatively new name but it's been providing a comprehensive network of services to persons age 60 and older in Clark, Floyd, Harrison and Scott Counties for almost 26 years.

The "it" is LifeSpan Resources, headquartered in New Albany, which is the "successor" to the venerable South Central Indiana Council for the Aging and Aged Inc. The agency's slogan is: "Promoting independent living for persons of all ages."

The name change was announced — appropriately — during the Council for the Aging's 25th anniversary celebration Oct. 28, 1998, at Kye's II in Jeffersonville.

REASON FOR CHANGE

LifeSpan Assistant Executive Director Earlene Bennett, who has been with the agency for almost 19 years, said the name was changed "because it more accurately describes the population we serve."

Prior to advancing to assistant to Executive Director Pat Jewell, Bennett served as homemaker, In-Home Services clerk and executive secretary.

Jewell, who has been in charge of the agency for the past 15 years, said the new logo was designed by National Management Market of New Albany and reflects the mission of LifeSpan.

In 1973, this newspaper advertisement appeared:

"Help Wanted: Executive Director for new agency to provide services to the elderly."

Answering the ad was Thelma Bertrand who proceeded to build an agency devoted to enhancing the lives of the area's elderly population.

At the time, there was no way she could have envisioned the scope of operation that the Council over the years would achieve.

STARTED AS FOOD PROGRAM

The agency was started basically as an elderly nutrition program, but rapidly developed into an organization with multi-faceted support services for seniors of Clark, Floyd, Harrison and Scott Counties.

After developing the agency from a fledgling program founded with a modest $18,000 grant to a multiple-services agency over an 11-year span, Bertrand stepped down in 1984 and handed over the reins to Jewell.

Under her leadership, the Council continued to expand at an unprecedented pace, developing dozens of new programs and funding sources and implementing successful fundraising strategies.

Despite its more than a quarter of a century span of service to the elderly and disabled, many aspects of the Council for the Aging/LifeSpan Resources operation are relatively unknown to a large segment of the population.

Many residents perceive the council as basically a Wheels on Meals operation, unaware of the tremendous scope of services offered by the agency.

Despite her tremendous success as the top administrator, Jewell has consistently refused to accept credit for the strides the Council — and now LifeSpan — has made to improve the lifestyle of the elderly and disabled.

GIVES CREDIT TO OTHERS

As she said in an earlier interview, "I can't emphasize enough how much the success of this agency is as a result of teamwork and not any one individual, particularly myself.

"The people who make the difference include our entire staff and all volunteers, especially our board of directors," Jewell said.

The new logo for LifeSpan Resources Inc. was designed by National Management Marketing Association of New Albany. Viewing the display with LifeSpan Resources Executive Director Pat Jewell are company president Art Caufield (right) and vice president Pat Caufield. The firm was presented a plaque in appreciation for its work.

STAFF PHOTOS BY RON DICK

LifeSpan In-Home Services staffer Debbie Garrett talks to client Nevel Brewer of New Albany during a visit to his home to check on his needs. The program provides at-risk seniors and disabled persons a wide range of services.

When asked what she likes most about her job, Jewell replied, "Knowing what I do makes a difference in the lives of the elderly."

LifeSpan's performance in sheer numbers is remarkable.

For example, 162,000 mid-day hot meals were served to seniors at 16 nutrition sites in the four-county area served by the agency during the past year.

From a transportation standpoint, 24,500 one-way trips were provided by the agency for medical — doctor appointments, therapy, dialysis — socialization and nutrition.

Here are other examples of services provided by the Council for the Aging's successor:

■ 6,820 calls were received for information and assistance, 966 of which were from individuals requesting in-home services.

■19,000 hours of care management service (assessment, referral and monitoring.

■ 718 individuals are receiving ongoing support services from the In-Home Services program, including homemaker, respite and home health aide among others.

■ 1,800 nursing home pre-admission screening applications were processed for appropriateness of placement.

■ 17,355 hours of community service were rendered through the Senior Community Services Employment Program.

OTHER NOTABLE FIGURES

■ 425 resident rights/resident care issues were resolved by the long-term care ombudsman.

■ 2,959 health screenings were provided at no cost for blood pressure, blood sugar, hemoglobin, hearing, glaucoma, vision and flu vaccinations, and ongoing weekly exercise classes (150 per year) were conducted at three senior centers.

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NUTRITION SITES LISTED

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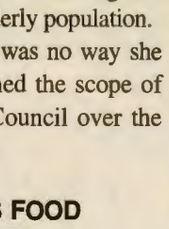
Thumbnail descriptions of some of the services provided by LifeSpan:

SEE LIFESPAN, PAGE C2

Volunteer mentors sought to prepare youths for future success

By CEIL SPERZEL
RSVP Director



SPERZEL

Have you looked at the want ads lately? It seems that everyone is hiring. Why are there so many jobs, yet so many people on assistance programs because they're out of work?

Employers are quick to answer that question. Those seeking jobs are not qualified to fill the positions. Why? Jobs have become more technical and specialized. They require more training. Most decent jobs today require a college education. Some ads even tell you that any degree will do.

Employers know that affordable education is available. Some employers will tell you that the feat of obtaining a college education is at least as important as the actual knowledge gained.

They want to hire people who've demonstrated commitment to a goal, good work habits, respect for authority. It takes dedication to complete a degree.

You must follow the requirements as laid out by the university and by each individual professor. It's not easy.

There are barriers. There are children in our schools whose course in life will be limited not by their lack of intelligence or even funds, but by the fact that no one expects them to pursue education beyond high school.

There is no history of higher education in their families — possibly not even in their neighborhoods.

No one shows them how taking college prep classes positions them to have career choices. No one tells their parents about 21st Century Scholars — the program that will fund a college education for those income eligible students who fulfill a pledge made in the eighth grade.

No one helps them make the connection between what they do in junior high and what they are able to earn as adults.

Indiana University Southeast has four programs designed to address these deficiencies, making a college education an option for a higher percentage of our young people.

Why am I writing about it here? Because their success is dependent on how many volunteer mentors participate.

SEE VOLUNTEER, PAGE C2

Prescriptions dilemma

By Donna Prendergast
Contributing Writer

This column answers your questions about senior health insurance issues.

Question: The cost of my prescriptions keep going up! I have to pay for them out of my own pocket because Medicare doesn't cover them and neither does my supplement insurance. Is there any way to get help on the cost of my prescriptions?

Answer: It probably doesn't make you feel better, but you are not alone in your dilemma. At least 15 millions Americans over age 65 lack insurance coverage for prescription drugs. To make matters worse, although the elderly account for just 12 percent of the U.S. population, they use 35 percent of all prescription drugs.

Maybe one of the following ideas will help you lessen your out of pocket expenses for prescription medications.

✓ When your doctor prescribes a new medication, ask her for a few days worth of samples or to write a prescription for enough medication for three or four days and one for the balance of the time you should take the medication.

See PRESCRIPTIONS, page C2

Senior Vaccination Sunday slated Oct. 10 by health department

From Staff Reports

In an effort to lower the death rate from influenza and pneumonia among senior citizens, the Clark County Health Department is sponsoring Senior Vaccination Sunday, Oct. 10.

From 1 to 4 p.m. at the health department, all seniors age 65 and over with non-HMO Medicare are invited to get their shots from noon to 4 p.m. at the REMC Community Room in Hamburg.

"In 1997, Clark County was No. 20 in the state for deaths caused by flu or pneumonia among its population."

The health department has teamed up with LifeSpan Resources and Retired and Senior Volunteer Program to help seniors fight off this preventable health risk.

"Medicare covers the cost of flu and pneumonia shots, so be sure to

He pointed out that senior citizens should be immunized against influenza once a year and against pneumonia once after 65. "The flu vaccine will help protect seniors against hospitalization from respiratory illness and heart failure," he added. "It

against blood infections with a common bacteria called the pneumococcus, he said.

"Save yourself doctor bills, medicine bills and hospitalization costs by vaccinating yourself or a senior you love," Meyer said.

G.O. has moved

Effective today, Golden Opportunities, formerly published in tabloid format, will appear in the regular sections of *The Evening News* the third Friday of the month.

Anyone knowing a Super Se-

92C

VOLUNTEER

Continued from Page C1

There are Early Student Outreach Programs at both Parkview and River Valley middle schools and at Jeff High. Their goal is to help students begin to aspire, plan and prepare for their future in higher education. The programs offer:

✓ an environment designed to enhance the student's potential

✓ an emphasis on educational attainment (study habits, grades, homework)

✓ assistance in goal setting and career exploration

✓ assistance in establishing an excellent work ethic

✓ exposure to successful adult role models

✓ the opportunity to develop leadership skills and self-esteem

✓ exposure to the college campus and educational and cultural activities

✓ academic support — tutoring, study skills, test preparation.

These programs run during the school day. There are opportunities for volunteers to be involved in several ways. You could make a presentation about your career or area of expertise.

You could be a small group facilitator, leading the discussion on the topic of the day. You could work with students individually, tutoring, helping them put together portfolios, prepare for field trips, reflect on a guest speaker. You could be an advisor to a group of high school kids who are mentoring younger students.

If you wanted to help from home, you could send cards to students on their birthdays, to mark their accomplishments, on holidays — whenever the occasion arises. The cards and postage would be provided.

We need warm, caring adults who can instill in these kids the belief that higher education is an option and help them prepare to embrace that option if they so choose. We need to prepare our youth for the next millennium.

Would you like to help with this important work? If so, I can be reached at 948-1815.

LifeSpan special projects coordinator Julie Wilson (back to camera) leads residents at Mark Elrod Towers in stretching exercises using elastic straps.

STAFF PHOTOS BY RON DICK

PRESCRIPTIONS

Continued from Page C1

If you encounter side effects that prevent you from using the medication, you haven't paid for a large quantity.

3 Many Medicare HMOs provide some prescription coverage at a relatively low monthly premium. In most cases, the HMO will require that you pay a small co-payment for each prescription until you have reached the yearly coverage maximum. After reaching your yearly maximum, you will be required to pay for the total cost of your prescriptions until the next year. Medicare HMOs are not available in all areas and may not be right for everyone. HMOs are generally lower in cost than most supplemental type policies. Be sure you understand how a Medicare HMO works before enrolling.

3 Some Medicare supplement com[illegible] card that can be used to obtain discounts on your prescriptions at specified pharmacies. Ask your supplement carrier or shop around.

3 Some senior organizations and programs offer prescription discount cards to their members. Discounts can range from 10 to 60 percent depending on the drug and the discount program.

3 Mail order prescription for maintenance drugs (those you take everyday for long periods of time) can also reduce your prescription costs. Ask your supplement carrier if they offer a mail order option.

3 If your income is low you may qualify for state assistance through the Qualified Medicare Beneficiary program (QMB) which may provide relief from other Medicare expenses, and by applying, you may find that you qualify for more extensive assistance through other state programs.

•••••

The writer is SHIIP Local Coordinator

You are invited to submit questions for publication in this column. Address them to: Ask SHIIP, SFHHC, 1600 Albany Street, Beech Grove, In 46107 or e-mail: A62.ca@ssfhs.org.

SHIIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance.

It is funded by the Health Care Fi[illegible] unteers trained in Medicare to assist clients.

For assistance, call your local SHIIP site — Medical Center of Southern Indiana, Charlestown, 256-7409 — to make an appointment.

For a free copy of the 1999 Guide to Health Insurance For People With Medicare, call SHIIP or e-mail "Ask SHIIP."

LIFESPAN

CONTINUED FROM PAGE C1

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tions with manager Mickey Hosier. The agency operates nutrition sites at 16 locations in four counties.

92D

Seniors to visit indoor forest in Starlight Oct. 5

From Staff Reports

Seniors who are participants in the Clarksville Parks Department's program of activities for the 50+ crowd are in for a treat next month when a trip combining fun, education and good food are on the menu.

Recreation Director B.J. Hammond has scheduled a bus trip to the beautiful Discovery Center at Koetter Woodworking in Starlight on Tuesday, Oct. 5.

"Seniors will have a unique opportunity to discover the wonders of the forest and learn how valuable one tree can be," she said.

"Trip-goers will actually wander through an indoor forest and view a 1,000-square-foot mural created from small wood inlays, using an age-old technique called marquetry," Hammond explained.

The tour will continue along a glass-enclosed skywalk to the Koetter rough mill, where seniors "will watch logs being trimmed and moulded without wasting a speck of sawdust," she added.

Cost for the trip — which includes a tour of the center, coach bus travel, an all-you-can-eat lunch buffet at the popular Stumler's Restaurant and a visit to Huber's Orchard and Winery to shop for famous red-delicious apples and homemade cider — is $25.

Bus pickups will be at Yellowwood Apartments, 2100 Greentree North, Clarksville, at at 9 a.m. and the Clarksville Family Aquatic Center, 800 S. Clark Boulevard, ay 9:15. Estimated time of arrival home is 3 p.m.

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Johnny Appleseed — October 16, 23, 30 and November 6, 1999
Bring a Child you Love and make memories you'll always share!

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Food even Picky Eaters will LOVE! Saturday shows that last one Hour!

SCHOOL HOUSE ROCK! — February 26, March 4, 11, and 18, 2000

SNOW WHITE and the SEVEN DWARFS — June 24, July 1, 8, and 15, 2000

SAVE 50% on Children's Season Subscriptions

Tickets are going fast!
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www.derbydinner.com

25 YEARS Derby Dinner PLAYHOUSE

Tee-off to benefit Hospice of Southern Indiana!

Join us for the "Hospice of Southern Indiana/ John Kolf Golf Scramble" Fri., Oct. 15 – Sat., Oct. 16.

Saturday morning shotgun start 8 a.m.; afternoon shotgun start 1 p.m.

Covered Bridge Golf Course
12510 Covered Bridge Rd., Sellersburg, Ind.

For golf packages and sponsorship information call, 945-4596 or 1-800-895-5633. All proceeds benefit Hospice of Southern Indiana patients and their families.

HOSPICE of Southern Indiana

We graciously thank the family of John Kolf for donating scramble proceeds to hospice. John Kolf, a former hospice patient in Michigan, died on February 26, 1996. His family annually remembers him by sponsoring a golf scramble in his honor.

Metro United Way

St. Luke's invites YOU to our
Oktoberfest
Dinner

This FRIDAY, September 17th
4:00 - 7:30p.m.

Eat In or Carry Out

Featuring:
•Homemade Bratwurst •Sauerkraut
•German Potato Salad •Homemade Breads & Pies
• Fried Fish and much more!!

Adults -- $6.00 Children (12 and Under) -- $3.00

Our Country Store will be open, too!

COUNTING OUR BLESSINGS

St. Luke's U.C.C. is located at 329 Walnut Street corner of Walnut and Maple in Jeffersonville, Indiana 282-3383

COUNTING OUR BLESSINGS

Hoosier seniors are honored for their tireless volunteering

The Courier-Journal Oct 24, 1999

Joyce Rutledge and Odell Banet couldn't be much different if they had set their minds to it. He's a retired banker; she's a lifetime housewife who must care for a disabled husband. She's a native Georgian; he was born and lived most of his life in Floyd County, Ind.

AL ALLEN
PRIME TIME

Yet two things put them in the same category: a strong determination to help others and a penchant for volunteering to see that it gets done.

These qualities brought them honors as outstanding seniors in south-central Indiana for 1999. He is the area Older Hoosier of the Year. She is its Senior Volunteer of the Year.

The competitions are sponsored annually by Indiana's Bureau of Aging and In-Home Services and conducted in this area by LifeSpan Resources Inc., formerly the South Central Indiana Council for the Aging, 426 Bank St., New Albany.

Rutledge, 60, moved to Indiana from Warner Robbins, Ga., in 1986, and she and her husband, William, settled in Jeffersonville in 1992. They have four children and eight grandchildren.

Life isn't easy for the Rutledges: He has been unable to work since having a stroke, though he can care for himself around the house; she, too, has health problems, primarily arthritis in her back, which stiffens up if she stays still too long.

"I'll keep moving as long as I can move," she says.

It's tempting to think that that accounts for her going to the Ken Ellis Senior Citizen Center, 211 Martin Circle in Jeffersonville, every day and helping Sue Johnson, the center coordinator, with whatever needs doing.

Tempting, but wrong, for volunteer work seems to be basic to Rutledge's makeup. "I love doing things," she said.

Back in Georgia, she was deeply involved as secretary and treasurer in activities of the Salvation Army Church in Warner Robbins. She was also active with its women's auxiliary, a children's group similar to the Girl Scouts, a summer camp, Christmastime charity endeavors, visiting nursing homes and delivering church magazines.

Moving to Indiana didn't slow Rutledge down, though it resulted in focusing her efforts on the senior center. There she sets up crafts materials for center participants and helps them use them, serves meals, decorates the center for special events, stores equipment, calls seniors to remind them of programs, cleans up at the end of the day and even assists Johnson with paperwork. She's there from 8 a.m. to 3 p.m.

Rutledge

Banet

"I love doing things there," she said.

Rutledge's day at the senior center isn't entirely selfless. She participates in crafts activities herself, and her apartment shows it — chiefly decorative hearts made of various materials.

Music plays a big part in her life too. "I've been in choirs, off and on; all my life," Rutledge said.

As a consequence, she's a stalwart in the center's eight- to 10-member choir, singing second soprano when the choir performs for residents of nursing homes.

She also is a member of the center's four-member handbell choir and participates in skits.

In 1994, all this activity won her the JUMP award — from Jeffersonville United to Make Progress — for senior community service.

"I just like helping somebody," Rutledge said. "I enjoy being around people."

Like Rutledge, Banet has strong ties to the Salvation Army. He has been volunteering for its annual Christmas-holiday fund-raiser for 18 years. This involves two to three hours of work daily over a five-week span, counting coins totaling up to $150,000 from individual kettles.

Of all Banet's volunteer activity — and there's a lot of it — he enjoys this the most: "Getting the job done right."

Banet, 79, was born in northern Floyd County, the son of a farmer, and went to school at St. Mary of the Knobs grade school and Floyd County High. After graduation in 1938, he went to work at Floyd County Bank, where he remained until going into the Army Air Corps in 1942.

He was a bomber/navigator and was shot down on his 48th mission. The crew was captured by the Germans but liberated 45 days later.

The war over, Banet resumed his career with the Floyd County Bank until retiring as vice president and chief of operations in 1981.

He and his wife, the former Berniece Schmidt, live in Floyds Knobs. They have six children, 16 grandchildren and a great-grandchild.

The Banets work together regularly at the Franciscan Shelter House, serving hot lunches to up to 200 homeless or indigent people each Friday.

Banet also has been a member of LifeSpan Resources' board of directors for eight years and is its treasurer. He also is involved in activities of St. Mary of the Knobs Catholic Church, is a fund-raiser for the Knights of Columbus and is a member of the Veterans of Foreign Wars Hobart Beach Post 1693 and of the Floyds Knobs Community Club.

Banet isn't very talkative about all these volunteer activities, noting only that "I see people not as old as I am who can't get around as well," the implication being that those are in need of the help he gives so freely.

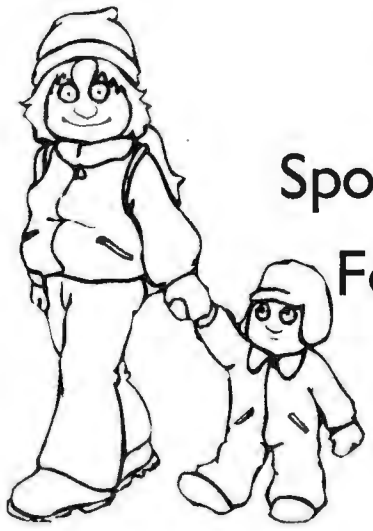
"Prime Time" runs each Sunday. Write to Al Allen at "Prime Time," Features, The Courier-Journal, 525 W. Broadway, P.O. Box 740031, Louisville, Ky. 40201-7431 or e-mail him at alalflags@aol.com.

Are you raising your Grandchild or another relative? Wouldn't you like to have access to several agencies at once to answer questions about the different issues you face with this? If so, join us for a very special Information Fair for Grandparents as Surrogate Parents and Relatives as Surrogate Parents.

The Information Fair will be held on Monday, October 23, 2000 3:30 p.m. - 6:30 p.m.

in the Multi-Purpose Room at the Brown-Starks Neighborhood Place. 1200 Bono Road, New Albany

Hablamos español.



Sponsored by LifeSpan Resources, Inc.

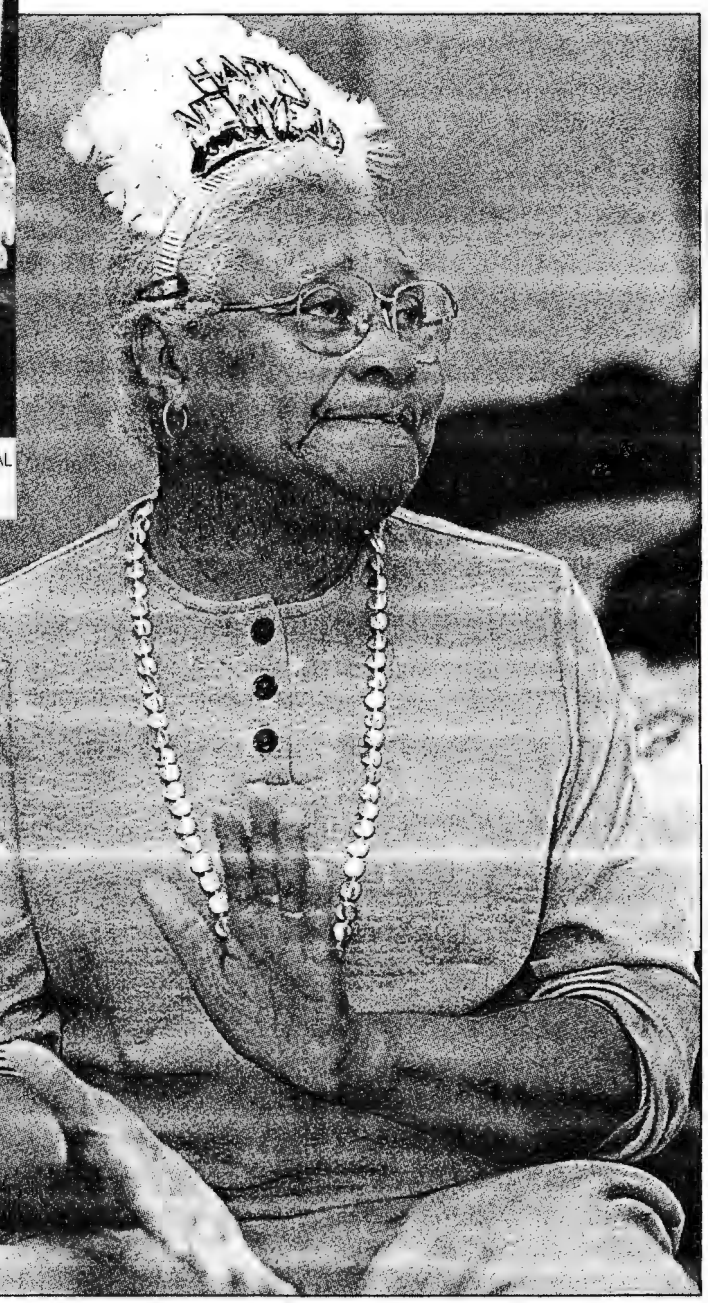
For further information please call Julie A. Wilson at 948-2877.

Indiana Weekly 1/31/01

GREAT OLDIES

PHOTOS BY BUD KRAFT, SPECIAL TO THE COURIER-JOURNAL

Guitarists/vocalists Dale Whitson, left, and C. B. Spurlock blended together on a duet as they provided entertainment for the gathering. Any appetites worked up by the music and dancing were well taken care of later with a big spread of food.



Frances Lee, 77, of Jeffersonville, clapped with the music during a party at the Ken Ellis Senior Center in Jeffersonville.

96

Seniors celebrate a year of birthdays

Ken Ellis center has held party for 19 years

By CYNTHIA SCHULTZ
Special to The Courier-Journal

The little brown building in Jeffersonville was alive as seniors shuffled around the dance floor to tunes played by The Country Sounds.

Many wore party hats, blew horns and rattled noisemakers. Gifts were scattered among the tables where people clustered in conversation.

On the agenda was bingo and a nurse to administer flu shots.

All the bases were covered at the Ken Ellis Senior Center for the annual birthday bash held for senior citizens from throughout the area. The party included enough food — all carted in by the celebrants — to put any country club smorgasbord to shame.

"Happy birthday," Sue Johnson said as she stepped up to a microphone to address the gathering of about 60 people. They hailed from Jeffersonville, Clarksville, Sellersburg, Borden, Floyds Knobs and Louisville.

"The gift by your table is your birthmakers you can give to the grandchildren. The flu shot lady is still there if you want one."

The annual birthday party celebrated its own birthday this year.

"Nineteen years," said Johnson, coordinator of activities at the center and founder of the party.

Minutes earlier Johnson had explained her reason for the annual shindig:

"A lot of people get their feelings hurt if you forget their birthdays." A universal gathering just makes sense, she said.

The senior center is open weekdays from 10 a.m. to 2 p.m., and offers such activities as crafts, bingo, an exercise program and a hot meal. It is under the umbrella of LifeSpan Resources, which provides a network of services for seniors from Clark, Floyd, Harrison and Scott counties.

The birthday folks didn't seem to mind that the hats they wore bore the words: "happy new year."

"They were donated by Caesars," Johnson said with a smile.

"We're the oldest ones here," said regular attendee Dorothy Hancock, 82. Hancock and her companion, Leo Lori, 85, both of Borden, twirled around the dance floor over and over again to the country music.

"We swim three times a week and dance once a week," said Hancock — whose real birthday is in July. Lori celebrates his in May.

youth — and were next-door neighbors early in their marriages.

"We've known each other all of our lives," Hancock said. "He introduced me to this place (the center).

"Whenever there's a party, we're there," Hancock added.

"Rose loves music," said Johnson, as Rose Cannon twitted around the floor, dancing with other women or by herself.

As soon as the band struck up a tune, she was out on the floor.

"I've been dancing since I was a kid," Cannon said.

When Cannon, 74, of Jeffersonville, wasn't dancing with friends, she was swaying to her own rhythm. At one point, she hoisted a leg into the air and touched her hand to a toe.

Cannon has reason for joy.

"After I lost my husband in 1988, I went blind for 5 years," said Cannon, whose sight is normal today following cataract surgeries.

"I enjoy it more now," Cannon said of dancing. "If I didn't have country music, I wouldn't have lived this long.

"If you can't dance, you can beat some spoons together," she said. "If you feel blue and down in the dumps, music is better than medicine."

Like the Borden couple, Gilbert and Frances Reynolds, 77 and 75, of Jeffersonville, spent most of their time on the dance floor.

"He was married 40 years and I was [illegible]

died, said Frances Reynolds. Today they have been married for six years.

"I have osteoporosis. Dr. Wolverton said dancing would be good for me," Frances Reynolds said.

"If it wasn't for the center, I wouldn't have anything to do," said Mattie Simpson, 66, who lives nearby and celebrates her birthday in December.

"I brought bread for the family," she said of the pitch-in food brought to the center. "It seems like family."

Marie White, 77, of Jeffersonville, wasn't about to miss the birthday party, despite being in a wheelchair and on oxygen.

"It gets people out and associating with each other," she said of the party and other theme parties that Johnson plans throughout the year.

"Sue takes us on a lot of trips, They are wonderful," said White, who worked as Johnson's assistant for six years.

Amish country in Pennsylvania was one of her favorites, she said.

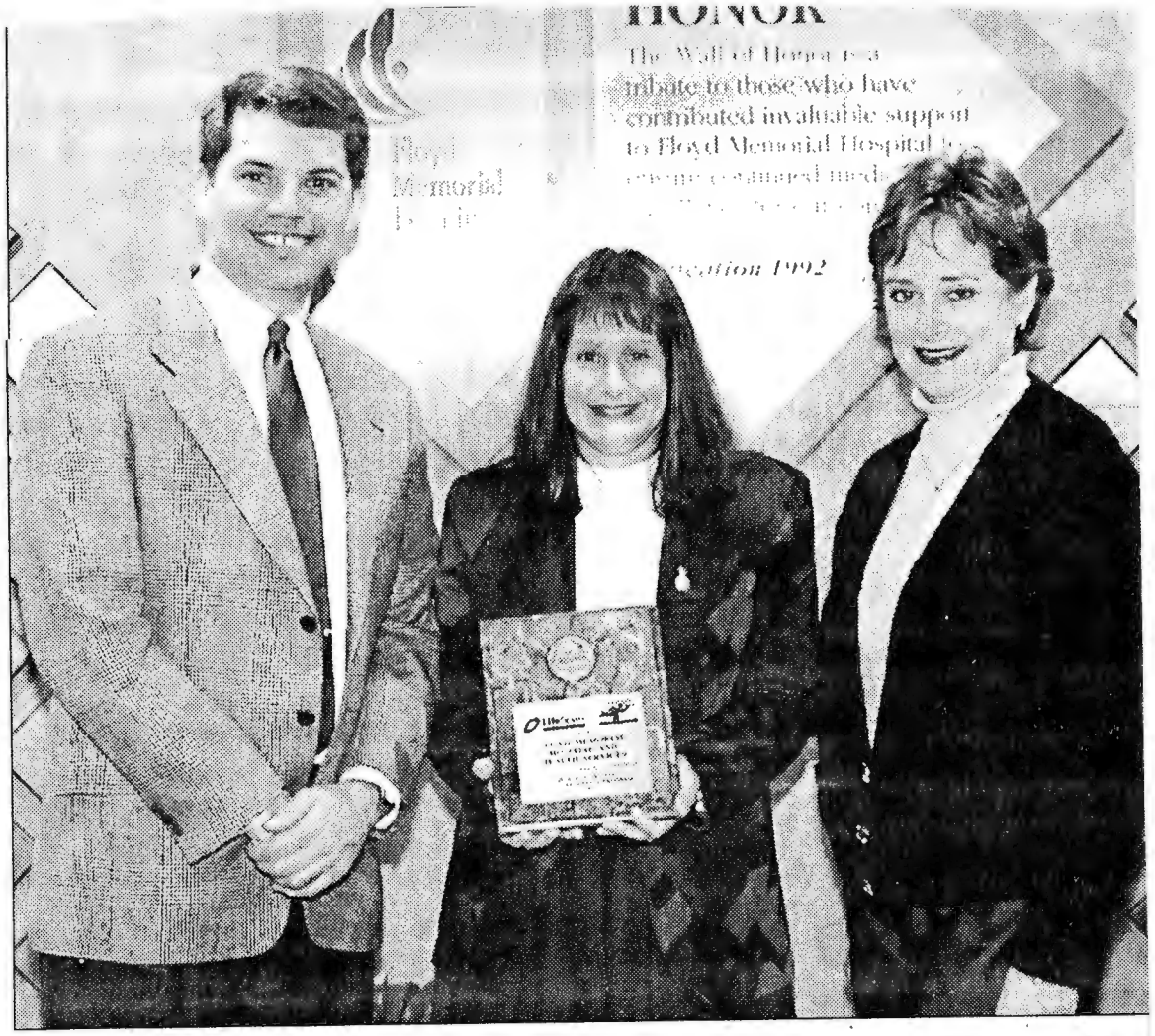
Jessie Bennett, of Jeffersonville, who was actually celebrating her 77th birthday on this day, rose to say the blessing.

During the party, Johnson wore a big smile as she watched the goings-on and her mother, Mary Mann, 76, of New Albany, who was hopping solo around the dance floor.

"It makes me feel good," said Johnson.

"People need people," said Dorothy Hancock, putting it simply.

Frances and Gilbert Reynolds had reason to celebrate on the dance floor. It was their sixth wedding anniversary.



BARRY WESTERMAN/The Tribune

Outstanding service

Sheila Modica, middle, Nutrition Senior Center director, recently presented an award to Floyd Memorial Hospital and Health Services for their 17 years of service to the Meals-on-Wheels program. The award was presented to Mike Harlowe, vice-president of operations at the hospital and Vickie McLarex, director of Hoosier Hills Home Health Care within the hospital.

Tribune 1/18/01

LifeSpan pairs senior workers with service agencies in area

By BEN Z. HERSHBERG
The Courier-Journal 2/2001

Virginia Lewis, with LifeSpan Resources, helped serve lunches at Claysburgh Towers in Jeffersonvile.

Alene Dalhoff loves working at the American Red Cross Center in Georgetown.

"I do so many things," said Dalhoff, 78. "I answer the telephone, I clean up the mannequins (used in training classes) and I'm folding up about 200 letters.

"It's a wonderful job," she said, and a whole lot better than the years she said she spent at home retired, which strained her ability to get by on a limited income.

Dalhoff, who lives in Floyds Knobs, got her Red Cross job through LifeSpan Resources, a senior employment program with an office in New Albany. The program uses federal funds to help Clark, Floyd and Scott County residents who are at least 55 years old with moderate to low incomes find jobs with community service agencies like the Red Cross, the Salvation Army and LifeSpan itself.

The program provides some training for the senior workers and also pays their minimum wage salaries for 20 to 25 hours a week up to 24 months.

LifeSpan began more than 20 years ago as a federal program intended to retrain older employees displaced by changing technology in the workplace, said Doris Bakshi, LifeSpan's senior employment coordinator. It also was originally intended to help homemakers who lost their husbands get into the work force, Bakshi said.

The profile of the program's workers has changed over time, just as society has changed, Bakshi said.

She said she now gets relatively few women applicants who haven't been working outside the home. The average age of her workers also has increased as unemployment rates have declined in recent years, she said.

Workers in the program tended to be in their 60s, Bakshi said.

Workers now average in the early 70s, Bakshi said.

for needing a job is to help pay for prescriptions and other medical expenses, Bakshi said.

At any given time, Bakshi said she has 14 to 16 workers at community service agencies in the counties she covers. She also has a database of 40 to 50 other seniors who've called looking for work but aren't eligible. She passes those names along to potential employers, Bakshi said.

Bakshi said she generally has a waiting list of employers looking for her workers.

Karen Cook, manager of the American Red Cross Buffalo Trace Service Center in Georgetown, said LifeSpans' senior workers program is a great help to her. With little money for administrative expenses, she relies heavily on vol-

It's also been increasingly difficult find employees because of the region low unemployment rates in rece years, Cook said.

"It's a godsend for us to have Alene Cook said.

Elszerene Smith, 74, another Lif Span worker who lives in Jeffersonvill is a registered nurse who retired sever years ago after 40 years on the job.

After hearing about the senior er ployment program from a friend church, Smith applied to LifeSpan.

Since September she's been worki at the Family Health Center of Cla County — a primary care clinic for t county's under- and uninsured.

The work has been rewarding, Smi said. "I want to learn something ne and maybe build on my nursing expe

PHOTOS BY ARZA BARNETT, THE COURIER-JOURNAL

Elszerene Smith, with LifeSpan Resources, checked the blood pressure of Norman Posey at a Jeffersonville health center. LifeSpan helps train and pay eligible residents to work for community service agencies.

100

The Courier-Journal Feb 26, 2001

COMMUNITY NEWSMAKER: Carren Cook

New Albany woman honored for dedication

Care manager is 'always thinking about other people,' colleague says

By MARCUS GREEN
Special to The C-J

While she admits she doesn't agree with all of President Bush's views, Carren Cook of New Albany says a line from his inaugural speech stuck in her mind: "Sometimes we are called upon to do great things. Sometimes we are called upon to do small things with great love."

That mantra is appropriate for her line of work as care manager for Lifespan Resources Inc. in New Albany.

"That really described what care management is all about," she said Tuesday as she accepted the first-quarter Spotlight Award for "Going the Extra Mile." The honor is presented jointly by the Indiana Family and Social Services Administration and the Indiana Commission on Aging.

Co-workers say Cook shows the qualities of a concerned care worker. And she does so by making a commitment, not merely a contribution.

"When you're talking about bacon and eggs, the chicken made a contribution, but the pig made the commitment," said Sue Cravens-Phillips, a Lifespan board member.

Cook's commitment to the people she helps reduces the costs of health-care services and provides for the next person in need, Cravens-Phillips said. "You contribute to the overall function of the health-care system," she added.

Bessie Harris has worked with Cook at Lifespan for almost three years. She said Cook's ability to absorb small details and recycle them into meaningful gestures set her apart as a care worker.

A terminally ill girl had mentioned in passing that she liked Psalm 21, Harris said. Cook typed and printed out the passage and framed it, then brought it to the girl in her hospital room.

"It really meant a lot to the client's mother and the client," Harris said.

Another colleague, Vickie Medlock, recalled a time when Cook took a dress to a funeral home for a client who had just died. The dress came "out of her own closet," Medlock said.

Because of the condition of the body, Cook said, the mortician wanted a long-sleeved, high-necked dress for the woman to wear. It was summer, and after scouring several local stores, Cook was out of options. "I didn't know what else to do at that point," she said.

"She's always thinking about other people," Medlock said.

Around the Lifespan office, Cook is known for a rollicking laugh "that will light up the entire place," said Pat Jewell, Lifespan's executive director. She's also a skilled cake maker, Lifespan employees said.

"There are cakes, and then there are Carren's cakes," Jewell said.

Lifespan promotes independent living for older and disabled people in Clark, Floyd, Harrison and Scott counties. It is one of 16 state agencies that selects a quarterly winner for four spotlight awards, given to honor employees in the categories "Going the Extra Mile," "Service," "Commitment to Excellence" and "Teamwork." Those winners are then sent to a state board of 20 members that selects each quarterly recipient.

"The competition's pretty stiff," Jewell said. "There's always someone in our radius that fits the description."

Jewell said Lifespan is a close-knit firm with longtime employees who are more like a family than an office. "You do this kind of work because you have compassion for people," she said.

Cook credits her family with introducing her to the medical field and teaching her to have compassion for people in need. Her uncle, John Brooks, is an anesthesiologist in Baltimore, and her sister, Charla Ogburn, is a nurse in Jeffersonville. "I just wanted to help people," Cook said.

She learned from her mother, Donna Sanders, a nurse for Caritas Health Services in Louisville, the importance of sympathy for those in need. "She definitely is the person who instilled in me the ability to care for people," Cook said.

"They have feelings, like you," she recalled Sanders telling her.

Like her mother, who went back to school to better herself, Cook had a 13-year hiatus between graduating from Providence High School in 1980 and briefly attending Ball State University and earning a bachelor's degree from Indiana University Southeast in sociology.

Cook said numerous personal and financial struggles all contributed to her becoming a care worker and empathizing with her patients.

"I just want them to have the quality of life they deserve," she said.

BY PAM SPAULDING, THE COURIER-JOURNAL

Carren Cook of New Albany held up her Spotlight Award for "Going the Extra Mile" as care manager for LifeSpan Resources. She was flanked by the Rev. Dean Scott and Sue Cravens-Phillips on one side and Sheila Killebrew on the other.

FINDING OUT MORE

For information on adult day centers in the Louisville area, you can call the Kentuckiana Regional Planning and Development Agency at 266-6084. In Southern Indiana, the number is (812) 948-8330.

To find out about day centers elsewhere in Kentucky, call Gwen Cobb, a family-services program specialist for the state Division on Aging, at (502) 564-6930.

In addition, you can call the Association of Older Kentuckians Helpline at (800) 200-3633.

And, the National Association of Area Agencies on Aging, (800) 677-1116, can help people from one state locate the nearest day center elsewhere. For example, if you live in Kentucky and want to find a center for a relative who lives in Florida, the association should be able to assist.

Program offers lessons about Medicare fraud

From staff reports Page 3A
Tribune Thur Aug 2, 01

NEW ALBANY — Everyone has a stake in protecting the Medicare Trust Fund. Would you like to be a better consumer and learn about Medicare fraud and abuse?

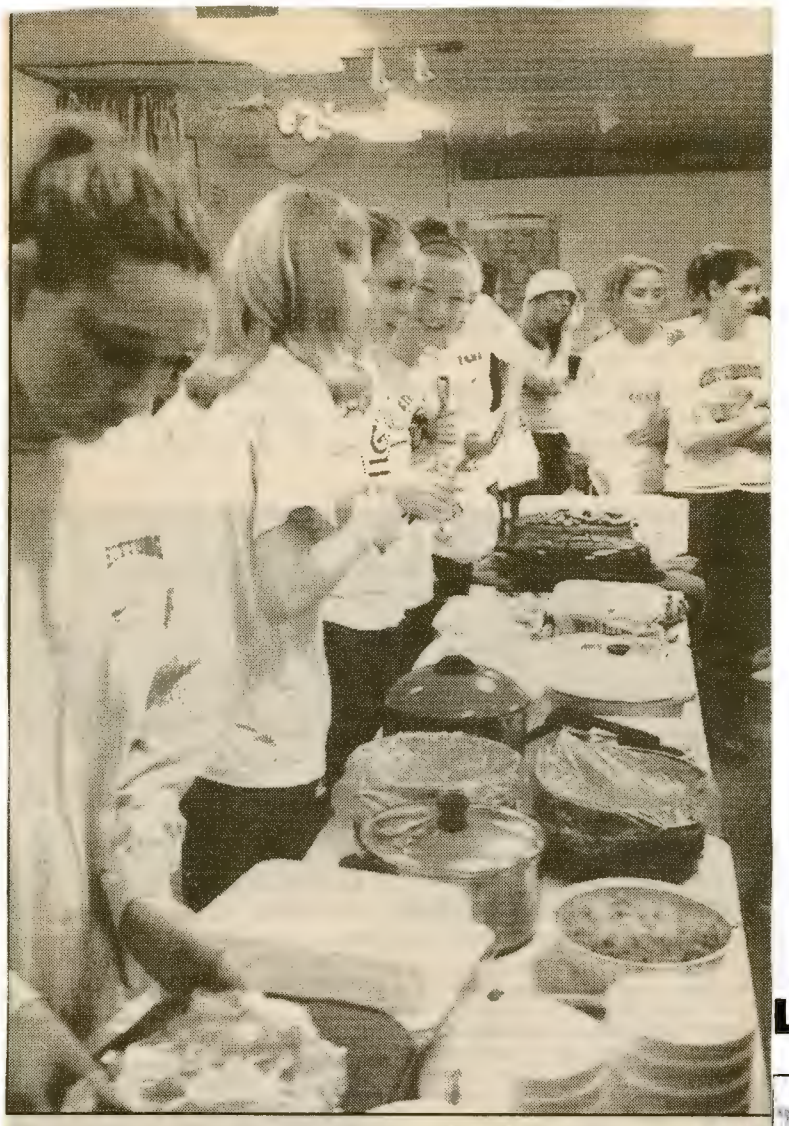
Now, you can learn how to detect Medicare fraud and abuse with a new project, Senior ESP (Examine Services Provided). The Indiana Association of Area Agencies of Aging (IAAAA) Education Institute will provide the training. Volunteers will be trained in New Albany and around the state. Those trained will learn how to read a Medicare Summary Notice and what steps to take if a billing error is found.

The project focus is to train volunteers to help educate more consumers. The project is one of 43 around the country and has shown positive results. More than 12,000 complaints have been referred for possible investigation and $187 million has been collected in fines, recoveries and settlements. The investment in the communities has returned $23 for every $1 spent.

Volunteer Partners in the Senior ESP project include the State Family Social Services Administration, Indiana State Medical Association and Senior Health Insurance Information Program (SHIIP) of the Indiana Department of Insurance.

Training will be held from 9:30 a.m. to 3:30 p.m. Tuesday, Aug. 21 at Carnegie Center for Art & History, 201 E. Spring St., New Albany. LifeSpan Resources Inc. will host this training. To become a volunteer and to register for training, call Frankie Able at 948-8330 or (800) 986-3505. For Scott County, call Carol Kimberlin at 752-5457.

102



The Scottsburg Warriorettes participated in LifeSpan Resources Senior Nutrition/Meals on Wheels Thanksgiving Rollout for the fourth year in a row. The team members gathered at the Scottsburg Academy Thanksgiving morning to prepare hot meals which would be delivered to homebound individuals in the community.

Each year the girls get an opportunity to accompany any one of the deliveries and meet the people receiving these meals. Senior Ginna Napier has been involved in the process over the last four years. She said, "Being a part of this day means so much to me. I was overwhelmed by the gratitude of the people receiving the meals. I would like to come back again next year and help out, even though I won't be a member of the team. The whole experience has made a difference in the way I look at Thanksgiving."

The purpose of this program is to assist in the provision of daily meals and related nutrition services. Currently, there are 15 sites operating in the delivery area of Clark, Floyd, Harrison and Scotty Counties with 600+ meals served daily. Over half of the meals served are Meals on Wheels. Sheila Modia, Nutrition/Senior Center Director said, "We are so very grateful and appreciative to the Girls and their families for taking on this project in Scott County." Dec,01

LifeSpan: Helping people remain independent

PHOTOS BY MARY ANN LYONS, THE COURIER-JOURNAL

Maggie Hubbard, left, Nellie Haller, Marilyn Cavan and Callie Eglen recited the Lord's Prayer before lunch at Mark Elrod Towers in New Albany. LifeSpan Resources, a not-for-profit agency, helps people retain their independence.

Agency eases the aging process

Aging is not what it used to be. To be old is not necessarily to be dependent.

To be young is not necessarily to be independent, either. Some toddlers need more help than some centenarians, something our government belatedly is understanding.

Smarter still, it has Pat Jewell on its side.

Jewell directs LifeSpan Resources, a not-for-profit agency devoted to each person's independence in Floyd, Clark, Harrison and Scott counties.

DALE MOSS

LifeSpan offers all the support it can, at the heartfelt insistence of its longtime leader.

"Pat infuses that organization with her passion of taking care of clients," said Sue Cravens-Phillips, a manager at Clark Memorial Hospital and president of the LifeSpan board.

Jewell took over the reins of an agency that, like her, was fresh and feisty. Seventeen years later, both obviously have been through a bunch.

For instance, LifeSpan wasn't always LifeSpan; for much of its 27-year history it called itself the South Central Indiana Council for the Aging. Its old name reflected a mandate that was finally changed in the 1990s to serve a broader range of those in need.

Now it's more likely to be frailty — not age — that determines eligibility for services.

"We can't take people to the beauty shop," said Jewell, citing an example of an initial service. "Now we're taking them to renal dialysis or to radiation therapy or chemotherapy."

Keeping people of different ages in their homes — out of costlier institutions — keeps LifeSpan vital.

"Helping people remain independent was our major focus," Jewell said. "It still is."

Now 58, Jewell is two years from eligibility for LifeSpan's traditional types of aid such as lunches and rides, not that she's planning to seek them or to retire. "When I came here," she said, chuckling, "I thought 60 was old."

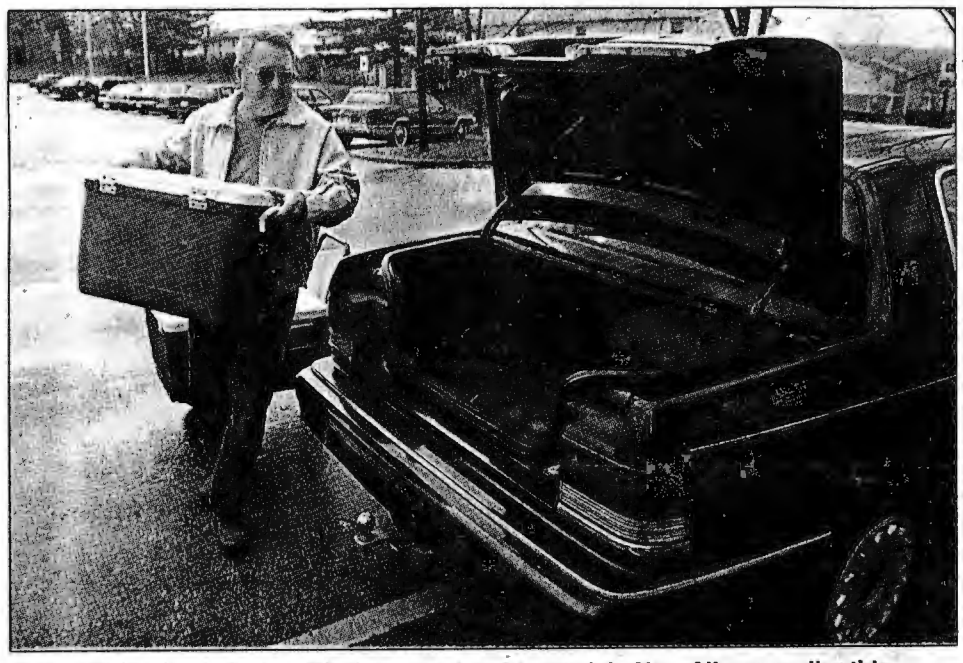
Though a widowed grandmother, Jewell is, no less, a sparkling jewel at steering LifeSpan through the mazes of rule-making bureaucracies and to 25-plus demanding funding sources, both public and private.

Not once, not ever, have auditors discovered LifeSpan's finances out of order. That is despite LifeSpan's budget having grown to $3.6 million to be spent this year on some 5,000 people.

It pains Jewell only to lack cash to help more — a few LifeSpan programs maintain waiting lists — not to be stretched by serving so many.

"They get all the services they need, and they get them at a quality level," said Bettye Dunham, executive director of Rauch Inc., a New Albany-based agency that helps the disabled in step with LifeSpan.

Even with 80 employees, LifeSpan still feels small, one testament to Jewell's unwavering touch. "They spend time to know each person as an individual, not as a case," Dunham added.



Robert Nolan loaded meal-filled coolers into his trunk in New Albany earlier this month. He distributes food to the needy as part of the Meals on Wheels program.

Pat Jewell, left and Vickie Medlock help keep LifeSpan Resources a growing, going concern.

"I just don't hear any negatives," said John Barksdale, director of the Floyd County office of the Division of Family and Children, another frequent LifeSpan partner.

LifeSpan organizes Olympic-like games for seniors, and it tube-feeds very ill children. It modifies homes and vehicles for the disabled, and it lines up housekeeping for invalids. It helps older people link with lawyers and fill out Medicare forms.

It approves people for nursing home placement, and it provides health screenings. It organizes a support group for grandparents who must raise their grandchildren. Earlene Bennett, Jewell's wonderful executive assistant, hemmed a man's pants.

"They do find their way to our door," Jewell said of these vast variety of clients. "We've gotten people everything from underwear, pots and pans. . . ."

"Exterminating services," added Vickie Medlock, LifeSpan's director of in-home services.

Medlock is in her 22nd year as another enormous asset, as well as another devotee of Jewell's leadership.

"She's brought the agency to a different level of professionalism," Medlock said. "The reason our name is out there is because of Pat."

Indeed, Jewell also has been an omnipresent community activist and advocate on such issues as affordable housing and handy transportation.

"She's always willing to participate," said Linda Bourne, who is compiling a comprehensive resource of do-good agencies called InfoLink. The worthy effort in part was Jewell's idea.

Jewell imagines more evolution for LifeSpan, with many baby boomers approaching retirement. She foresees a possible assisted living facility and maybe adult day care sites. The agency recently employed its first-ever development director so LifeSpan continues to grow whether the pot of government money grows or not.

"The whole focus of the agency's mission will remain the same," Jewell said. "How we do that probably will change."

For more information, call LifeSpan at 948-8330. Its headquarters are at 426 Bank St. in New Albany.

Dale Moss' column runs Sundays, Wednesdays and Fridays on the Indiana page. You can reach him at (812) 949-4026 or read his columns at www.courier-journal.com.

Courier Journal 12/23/01

104

Clark, Floyd, and Harrison residents benefit ...

Community Foundation awards $107,767 to non-profit agencies

Tribune Jan 20, 2002

"Good morning. I'm Santa Claus."

Minus the red suit and reindeer, Ronald F. Barnes' opening statement at the Community Foundation of Southern Indiana's Dec. 18 awards breakfast made believers out of nearly 100 attendees.

They were on hand to receive a total of $107,767 in grants to non-profits from Clark, Floyd, and Harrison counties.

As chair of CFSI's Board of Directors, Barnes joined the foundation's staff in feting representatives of 28 organizations selected from among 60 applicants to receive money for civic-minded endeavors in all three counties served by CFSI.

Last month's grants brought CFSI's total of money given to non-profits and community projects to $630,000 since 1995.

Each fall all area non-profits are invited to apply for the grants, and recipients are selected by the board. The process is a true partnership, according to John Hartstern, CFSI President and CEO, because it not only involves community members in the selection but also gives money back for specific needs as identified by applicants.

Barnes put the latest gifts into perspective regarding the areas these grants will serve: 51 percent for overall community needs and services, 22 percent for health and human services, 14 percent for the arts, and 13 percent for education.

Of the $107,767 awarded, 49 percent was given to agencies that serve people in all three counties. The rest went to agencies that serve their own county.

The annual awards breakfast is the culmination of CFSI's granting year that also includes an extensive list of scholarships, special needs grants, and the foundation's newest project to establish an emergency siren system in all three counties.

Your Community Foundation ...

For Good. For Ever.℠

COMMUNITY FOUNDATION SOUTHERN INDIANA

Gifts that keep on giving ...

To: Clark, Floyd, & Harrison County Residents

From: Community Foundation of Southern Indiana

$107,767

Hoosier Hills PACT (seed money for a Sexual Abuse Clinic in Harrison County)	$8,000
Hospice & Palliative Care of Southern Indiana (office building improvements)	$8,000*
Paul W. Ogle Cultural and Community Center at IUS (ticket subsidies for schoolchildren)	$8,000
Juinior Achievement of Kentuckiana (challenge grant for student programming in S. Ind.)	$8,000
Habitat for Humanity/Floyd County (partial assistance for building homes)	$5,000
LifeSpan Resources (matching grant for lift-equipped transportation for elderly)	$5,000
(software and equipment for office operations)	$2,500
Southern Indiana YMCA (partial grant for playground equipment)	$5,000
Daughters of the American Revolution/Piankeshaw Chapter (items for Scribner House)	$4,584
Family Health Center of Floyd County (wiring and telephone networking for office)	$4,500
Bridgepointe Goodwill & Easter Seals (desktop computers)	$4,460
(program to train disabled adults for workplace)	$2,000
Providence Retirement Home (seat lifter and stand-on scale)	$3,842
Clark County Youth Coalition (drug and alcohol awareness program)	$3,500
Providence Self Sufficiency Ministries (drug/alcohol prevention program for foster children)	$3,500
Interfaith Community Council (partial assistance for visual projection system)	$3,000
Noah's Ark (partial funds for table and chairs for lodge)	$3,000
Childplace (two computers and upgrades on 14 others)	$2,800
Floyd County Youth Services Bureau (van renovation)	$2,700
Brandon's House (newsletter and mailings)	$2,600
Clark County Youth Shelter (ramp for handicapped)	$2,500
Clark Superior Courts Probation (two computers and printers)	$2,500
Family and Children's Counseling Center (early-intervention program for at-risk students)	$2,000
Friends of Division Street School (partial funding for roofing)	$2,000
Louisville Ballet (ticket subsidies for Southern Indiana youth)	$2,000
American Red Cross/Buffalo Trace Service Center (defibrilators)	$1,750
Center for Lay Ministries (electronic deck scale for food bank)	$1,630
Hope, Inc. ("Family Involvement" initiative/activities for at-risk youth and families together)	$1,500
Clark County Humane Association (funds to help support rabies clinic)	$1,243
Personal Counseling Service (equipment for trauma victim therapy)	$ 658

** Money from the Commerce America Field-Of-Interest Fund*

Southern Indiana's one-of-a-kind

ADULT DAY CARE

The Tribune 3-17-02

Above, client Margie Gregory shows her talent for playing the piano with her rendition of Amazing Grace at Providence's Adult Day Care Center located off Charlestown Road in New Albany recently. Her mother taught her to play when she was a little girl and it has stuck with her. She even plays the harmonica.

"It's nice to get away from the house. I used to just stare at the four walls, but now I get to get out and meet other people. Its nice to do that. It makes you feel younger to be here."

– Margie Gregory

Providence's Mission

- To provide excellence in health services.
- To respond in a spirit of collaboration to the health needs of the community especially those of the poor and undeserved.
- To be compassionate to those who serve and are served.
- To be faithful to the spirit and tradition of the Sister sponsors.
- To be committed to values of excellence, human dignity, justice, compassion, sacredness of life and service.

CARE B4

CONTINUED FROM PAGE 1B

her brother-in-law Milton in the day care program about a year ago. After Milton's parents died, Denise's family took him in.

"Milton came to live with us and he has cerebral palsy and needed something to fill his day and time. He has met friends and become more outgoing. He used to always live at home and live a sheltered life, but now his life is much fuller," Palm, a New Albany resident, said. "It has brought out the good qualities in him and kind of opened up a whole new world for him. He really enjoys day care."

During the week, clients begin arriving at the day care at 7:30 a.m. and are greeted with coffee and table activities. Then at 9 a.m. the clients begin their daily walks around the building and campus. After that, the daily activities begin, ranging from volleyball to bingo and from karaoke to trivia. The day ends at 5 p.m. or before, depending on when the family member picks up the client.

"They have good food and I like doing the puzzles," 75-year-old Cathryn Koerber, a day care client, said. "I look forward to coming here and seeing other people."

Providence Retirement Home Administrator Mary Jo Cavanaugh is proud her facility is the only one of its kind in Southern Indiana, but said other things also set the day care facility apart.

"To put it in a nutshell, what makes us different is that residents always come first. Here, what the residents want, they get. They come first," she said.

"Amen. That's right," Trinkle chimed in.

Esther Weathers, director of admissions and marketing, believes that a day care gives families a sense of peace.

"You are not sitting at work and wondering if mom set the house on fire, did she fall or wondering if someone came to the door. It rules out all worry," Weathers said.

"I hear families say, 'My mother is so much better, sharper (because of this program),'" Trinkle said. "I have a passion for the elderly. They're exciting and I can bring the best out of them. People think they are throw away because they can't work, but I see that they have a lot of worth and I love working with the elderly."

Trinkle is excited to be a part of the day care program, because she said there is a great need in the area.

"It's an exciting service to the community," she said. "There is such a need and opportunity. My goal is just to make them (the clients) happy and it's so much fun to see them spark up and see progress. And we keep them as long as we can before they go to a nursing home."

Palm said the day care program has given her life back to her.

"Unless you are living with him (Milton), you wouldn't realize how much stress it is on an individual. He at times can be as challenging at twins. This (day care program) is a good opportunity for me and adds balance to my home life," she said.

"When I work here, I get a sense of fulfillment," Trinkle said. "I can do something good and make a difference. Even if they (the clients) can't remember what I did, I know I made them happy. It takes so little to make them happy — just love and affection. And all they know is that they want to come back here tomorrow."

• *Recently, Providence Retirement Home sent out letters asking for help to raise money for the home. Part of the letter read: "We care for a total of 165 chronically ill residents; 54 of these are participants in the Medicaid Program. Medicaid pays 72-percent of the actual cost of care for residents, leaving $37 per resident per day unpaid. Last year Providence paid $729,270 to cover these expenses and we are unable to continue operating at such a loss." If you would like more information on how to donate to Providence, call Cavanaugh at (812) 945-5221.*

• For more information on the day care services, call Trinkle (812) 945-5350.

Milton Palm, a client of Providence's Adult Day Care Center stays busy with a crossword puzzle. Workers at the day care say that Palm can work a whole bool of puzzles before its time to leave.

At top, clients of Providence's Adult Day Care Center sit down to a spaghetti and meatball lunch. The cook was praised by the clients for such a great lunch. Above, Margaret Gillespie and Hazel Anderson admire the quilt that director Cindy Trinkle and Julia Sparks have been working on for several months. At right, clients of the day care center help local churches with fund-raisers by cutting out stamps, which help send members of the congregation on mission trips. Cutting the stamps helps to loosen client's joints and ease the aches and pain of arthritis.

BARRY WESTERMAN/THE TRIBUNE

At right, the Adult Day Care Director Cindy Trinkle helps client Buddy Morlan put on his bib at lunchtime.

PHOTOS BY BARRY WESTERMAN/ THE TRIBUNE

As the only one in Southern Indiana,

Providence's Adult Day Care Center strives to be the best

Seventy-nine-year-old Margie Gregory said she used to just sit and stare at the four walls in her home. But that was before the Jeffersonville resident discovered Providence Retirement Home's Adult Day Care Center.

"It's nice to get away from the house. I used to just stare at the four walls, but now I get to get out and meet other people. It's nice to do that," Gregory said. "It makes you feel younger to be here."

Cindy Trinkle, the adult day care director, said that is one of her goals — to stimulate the clients.

"We keep them on the go. We want to keep them moving," she said. "Our job isn't to let them sleep all day, but to have mental and activity stimulation. This isn't a retirement home — that's another department."

The Adult Day Care Center has been in operation since 1985 and is the only day care of its kind in Southern Indiana. It services clients from all over, including Floyd, Clark, Harrison and Jefferson counties in Indiana.

"We have one person drive one hour to get here and that's really a big deal. It's really great that the family would go through that much trouble to get her here," Trinkle said.

There are currently 20 clients enrolled in the program ranging in age from 56 to 88. A client must be at least 50 years of age to enter the program, because the whole facility is geared toward geriatrics and long-term care.

"I make a judgment call (as to whether or not to admit a client). I like for them to be able to go to the bathroom themselves and feed themselves," Trinkle said. "We accept Alzheimer's patients, but only people with early Alzheimer's. I would say half of our patients have Alzheimer's."

Denise Palm, along with her family, enrolled

See CARE, page 4B

Courier Journal 3/3/02

Floyd leaders want residents to share visions

We might think Floyd County is great. We cannot think it is perfect. No place, at any time, fulfills every need.

But Floyd County soon will better understand what it should do to pave its path of progress.

A group of Floyd County leaders is distributing a survey, encouraging residents to dream, allowing them to gripe.

The process is called community visioning.

"I don't anticipate crises," said John Reisert, a county commissioner. "I do anticipate some areas a lot of people can focus on."

DALE MOSS

The survey, a postcard in English and Spanish, will be available at workplaces and in churches and libraries, among other locations. Once completed, the cards may be mailed in or dropped in boxes at distribution sites.

(A copy of the survey also is published on Page B8. Feel free to fax it to the New Albany office of Metro United Way at 944-6736 or mail it to the agency at P.O. Box 1284, New Albany, IN, 47151-1284.)

The information is sought by three organizations — the United Way, the Floyd County-based Caesars Riverboat Casino Foundation and the Community Foundation of Southern Indiana.

The groups are eager to ensure that the bucks they give to Floyd County — more than $2 million a year — result in the biggest possible bang. Frustrated about assuming, tired of reacting instead of planning, they want to function together, through lean times or fat.

"Is there a way we can get a bigger impact," asked Barbara Bridgwater, Metro United Way's director for Floyd and Harrison counties. "Is there a way to get in front of the curve? We have no idea what there might be."

John Hartstern, who directs the decades-old community foundation, hopes the survey "will help define" the community's greatest needs.

Reisert helps hand out Floyd's cut from the casino, which is located just across the county line in Harrison County. Reisert realizes he is not smart enough to read minds. He'll use the survey results as a tool. "This helps us prioritize," Reisert said. "It won't be the sole determinant, but it will be one of the grades."

These funding organizations asked two of their trusted, traditional grant recipients — Rauch Inc. and LifeSpan Resources — for tactical guidance in pursuit of the public pulse. Rauch and LifeSpan thrive by adapting services to changing times. They listen to their clientele, in other words, just as they do to these groups, which pay the bills.

"A lot of times people feel they are not included," said Pat Jewell, executive director of LifeSpan, which primarily serves older people and ill ones. "This is an opportunity for people to express themselves. People want to be asked what they think and to feel they have been a part."

"If people take an active role, if they feel this is their vision and their dream, maybe it can come about," said Bettye Dunham, executive director of Rauch, which caters chiefly to the disabled.

The broad survey actually is one of several steps toward reaching consensus. A committee consisting of and representing the people quoted here already has interviewed at least 235 local residents. It sought out people from a range of ages and backgrounds. "There was a lot of similarity," Dunham said of early answers, "even though they came from different groups."

The committee also has gathered the written plans of human service agencies, to further its attempt to spot trends and to notice gaps.

This effort is unusual, seemingly even unique around here.

"It's important what happens to my future," said Bridgwater, personalizing this public process. "I live here. My daughter lives here. My grandchildren live here. I want it to be the best place to live."

Results will be compiled in the spring and revealed by summer. Then comes the harder challenge — actual change. For more information, call the United Way at 944-3839.

The Tribune Tuesday April 16, 2002

Spotlight Award winner

BARRY WESTERMAN/ THE TRIBUNE

Julie Wilson, development director for LifeSpan was recently presented with the Spotlight Award. She was recognized for her dedication to serving seniors in the area. Wilson works with needy families and with those who have disabilities. Wilson has shown a commitment to caring and has developed a new database to help seniors with their needs for transportation services. Pictured above (l-r) are Sheila Killeberw, Wilson, Patricia Jewell and John Hamilton.

THE SCOTT COUNTY JOURNAL and THE CHRONICLE, Saturday, April 20, 2002 Page 3

Staff photo by MARTY RANDALL

Those involved in preliminary planning for the proposed Austin Senior Citizens Center on U.S. Highway 31 North gathered on Monday evening, April 15, to discuss all aspects of the project. A meeting of senior citizens has been scheduled for 11:30 a.m. on Wednesday, May 1, with a public hearing set for 5 p.m. that same day at Austin Town Hall.

110

COMMUNITY NEWSMAKER: JULIE WILSON

Honored worker has 'need to give back'

By STEVE CHAPLIN
Special to The Courier-Journal
4-13-02

When a state official bestowed a "Spotlight Award" on Julie Wilson in New Albany on Friday, he was really recognizing a long history of community commitment that spanned generations.

Wilson, director of development for LifeSpan Resources' Area 14 Agency on Aging, was recognized "for going the extra mile," said John Hamilton, secretary of the Indiana Family and Social Services Administration.

She was honored partly for her work ethic, partly for her ability to work with others, and partly for her creativity.

But in the back of her mind, Wilson said, she knows her late grandmother, Gayle Ponder, had a lot to do with her winning the award.

"She was bigger than life for all of her 4 foot 11 inches," recalled Wilson, who lives in Jeffersonville. "She was always one who was helping someone, whether it was making a pot of beans to take, or helping clean out a house or a basement.

"I think that's where I got this need to give back to the community and to people."

A Silver Creek High graduate who still dreams of earning a college degree, Wilson espouses the joys of helping others, much as her grandmother did through much simpler means years ago.

Wilson, 37, has worked for seven years at LifeSpan, the social-service agency for elderly and disabled persons in Clark, Floyd, Harrison and Scott counties. Its offices are on Bank Street in New Albany.

There she is recognized as the person who spearheads the annual Senior Games, this year set for May 30-June 7.

The event brings hundreds of seniors together for events in Jeffersonville, New Albany and Clarksville, and serves as a major fund-raiser for the agency's Meals on Wheels program.

Others might know her as the coordinator of the agency's annual Angel Tree project, which provides gifts for about 400 elderly people during the holidays.

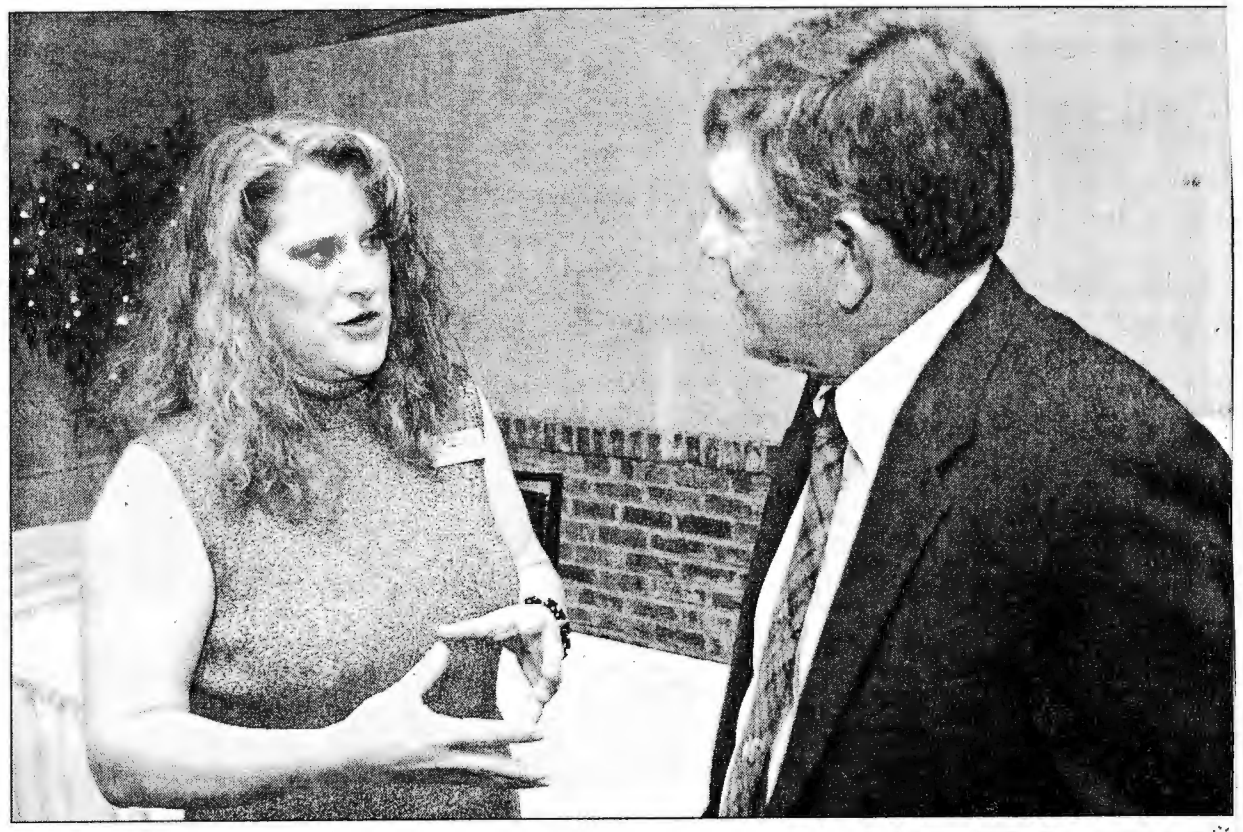
And co-workers know her as the person to go to when you can't figure out what a computer is doing, when one of the agency's vans suddenly breaks down at an inopportune time, or when an old program needs an infusion of new ideas.

"The passion she has for serving people is very apparent," said Pat Jewell, executive director at LifeSpan for the past 17 years. "And her personality just makes other people want to help out that much more."

For instance, after 17 years, the Senior Games needed some new zest. It was Wilson who put together the Senior Squabble last year — a takeoff on the old game show Family Feud that pits groups of seniors against one another, answering questions in a television-studio environment created at the Ogle Center at Indiana University Southeast.

Jewell called the first Senior Squabble a perfect example of Wilson's ability to blend creativity and teamwork into a winning recipe.

"It was just so popular, just so much fun," Jewell said. "She created this atmosphere that was just first class and with so much realism, and she gets her family and everyone else involved."



BY PAT McDONOGH, THE COURIER-JOURNAL

Julie Wilson, director of development for LifeSpan Resources' Area 14 Agency on Aging in New Albany, was honored for her work ethic, creativity and work with others. She spoke with state Rep. Jim Bottorf at the event.

Her husband, Tyrone; their 12-year-old daughter, Jacque, a Parkview Middle School student; and Tyrone's children from a previous marriage — Damon, 27, of Jeffersonville, and Kimbry, 24, a student at Purdue University — have all joined in to wrap presents for Angel Tree and to help with production of the Senior Squabble.

Even Wilson's parents, Paul and Janice Taylor of Henryville, get involved while they care for the Wilsons' newest child, 6-month-old Mary Gayle, in the mornings and afternoons.

The whole family stays in touch by computer. Her parents send her pictures of Mary Gayle during the day, "them spoiling her, eating Cheetos," Wilson said.

Wilson, who became LifeSpan's first development director last July, dreams of one day seeing a full-service senior-citizen complex that offers nutrition services, exercise, education and activities, among other things. But for now she's out in the community, getting out the word about LifeSpan, its services and its needs.

"I have to say I've fallen in love with working with the elderly," Wilson said. "This is a new position (development director) for us here, so I'm accessing as many community resources as possible."

One positive result has been the recent announcement that the Harrison County Community Foundation will provide the money for an activities coordinator at the Joe Rhoades Senior Citizen Center in Corydon.

"We're writing several other grants," she said. "We really want to make our funding base wider so when the government cuts come around, we're in better shape."

Giving the gift of life

Tribune 8/21/03

DAVE DAVIS/THE TRIBUNE

Red Cross nurse Charlotte Montgomery, looked after longtime blood donor Ramona Miller as Miller donated at a blood drive held at the Robert E. Lee Retirement Home in New Albany yesterday. The pint Miller donated put her over the five-gallon mark of lifetime donations. 'My mother, sister and friends have all needed blood at one time or another,' Miller said. 'That's made me realize how important it is to have it available.'

Staff photo by MARTY RANDALL

Though the skies were dripping, the ground-breaking for the new Austin Senior Center went on as scheduled on Tuesday afternoon, September 2, thanks to some hefty umbrellas. Those gathered included Indiana Department of Commerce officials, John Morgan of Morgan Foods Inc., who donated the site at U.S. Highway 31 North and Wilbur Avenue for the structure; Indiana Department of Commerce officials; Austin Councilmen Lanny McIntosh and Sonny Fugate; Indiana Rep. Dennie Oxley, who helped secure funding for the project; LifeSpan director Pat Jewell and Lifespan food services director Sheila Modica; Jennings Township Trustee Virgil Johnson; town engineer Bill Saegesser; town attorney Ralph Randall; and several senior citizens who have been active in promoting the project and are looking forward to its completion.

The Scott County Journal

Staff photo by MARTY RANDALL

Virginia Wolf is congratulated by John Gullion after the 94-year-old received a 25-year award for volunteer services with the nutrition program sponsored by LifeSpan Resources Inc., a senior service organization. Gullion serves on LifeSpan's board of directors. Wolf received her award during a luncheon for nutrition volunteers held on Wednesday, October 15, in Scottsburg. Sept 18, 2003

112

Oct 18, 2003 The Salt County Journal

Staff photo by MARTY RANDALL

Several senior citizens active at the Jennings Township Senior Center in Austin were honored for their efforts by LifeSpan Resources at a luncheon on Wednesday, October 15. From left are Sheila Modica, LifeSpan nutrition director, and Julie Money, LifeSpan nutrition driver, and Elaine Begley, Thelma Bertrand, a former director of the senior service organization now known as LifeSpan, Ruby Doane, Ruby Morgan and Pauline Meeks. Back row: John Trabue and John Gullion, who serves on the LifeSpan board of directors.

THE TRIBUNE

Inside Front

5A

FRIDAY, OCTOBER 31, 2003

Lifespan honors volunteers

Lifespan volunteers were honored this week at the 2003 Lifespan Resources Nutrition Volunteer Recognition Program at The Salvation Army on Green Valley Road in New Albany. The program was designed to honor all the hard work that the volunteers have done. The program included lunch and a song dedicated to the volunteers before the awards were handed out.

BARRY WESTERMAN/ THE TRIBUNE

Tribune 5/9/04

Bertrand has been driving force behind church luncheon

By RONI NEWLIN
Tribune Lifestyle Editor

Thelma Bertrand doesn't mind staying busy. After all, the New Albany resident jokes that her retirement is busier than her working days.

She has been organizing Central Christian Church's People Gathering & Sharing luncheon for more than 10 years. Men and women of all ages and denominations attend the luncheon, which is held on the second Wednesday of each month. Bertrand is in charge of scheduling entertainment for the event.

"It's definitely a lot of work, but I enjoy it. It's fun work," Bertrand said. "Sometimes I think this is more than I want to do, but when I see everyone having a good time it's really fulfilling."

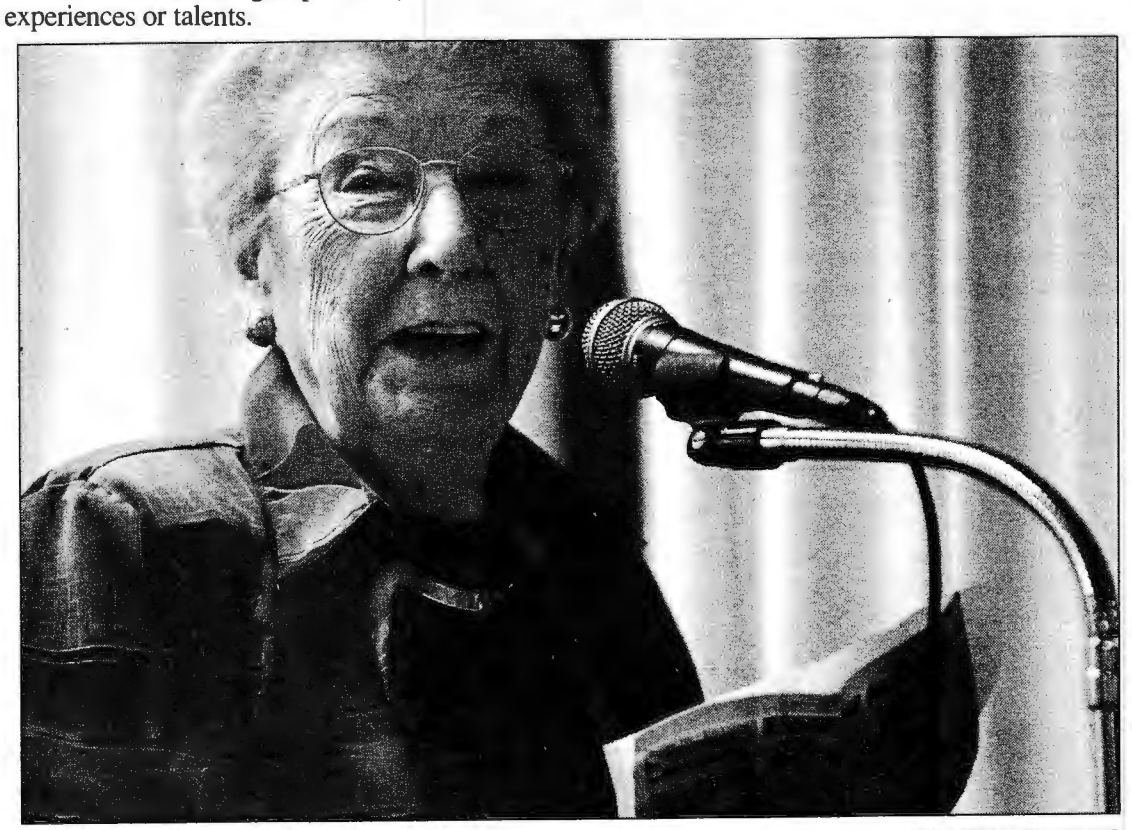
Originally from Greenville, Bertrand's family moved to New Albany when she was a teenager. She graduated from New Albany High School, and was the executive director at the Council On Aging, which is now LifeSpan Resources, for 30 years.

Bertrand, who has been a member of Central Christian for 52 years, volunteered to organize the social event when the former pastor, Dr. Roy Roberson, came up with the idea.

"He was really instrumental in beginning this," Bertrand said. "He wanted to have a program where all the churches could get together, share ideas and have fellowship."

Bertrand said about 75 people from various local churches usually attend the program which costs $5. It begins with people gathering in the church's social room for a short prayer, and then lunch is served. Bertrand said Mary McKercher, a member of Central Christian, is in charge of preparing the meal, which includes a meat, vegetable, salad, dessert and a beverage.

After lunch, the group spends about 30 minutes socializing and sharing news about upcoming events at their churches. Then, the program Bertrand organizes usually lasts 20 or 30 minutes. She schedules various community leaders and performers to entertain the group with their experiences or talents.



RONI NEWLIN/THE TRIBUNE

Thelma Bertrand has been organizing Central Christian's People Gathering and Sharing luncheon for more than 10 years.

BERTRAND

CONTINUED FROM PAGE 1A

"I try to have a variety of programs that everyone will enjoy," she said. "I'm always looking for good entertainment. I read the paper a lot, watch the news and sometimes people will refer someone to me. I'm the Perry Mason of New Albany — because if you do something, I'm going to latch on to you."

Even though Bertrand devotes much of her spare time to organizing the luncheon, she said it wouldn't be possible without other volunteers.

"Several women from the church come faithfully every month," Bertrand said. "Wanda Bennett, Kay Lutz, Delores Roehm, Martha Riddle, Mildred Ferrell, Virginia Hagmann and Betty Chambers — they help make it possible. They help prepare the food or decorate the tables. They do so much."

Bertrand said the luncheon started as a small gathering of people and has grown every year. She believes people enjoy it for many reasons.

"Everyone is friendly. We have a warm, fuzzy feeling," she said. "And people know they're going to get a lovely meal, see a great program and get to socialize with people from the community. It's a lot of fun."

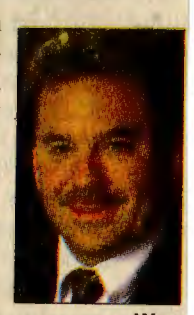
> "I try to have a variety of programs that everyone will enjoy. I'm always looking for good entertainment."
>
> **Thelma Bertrand**

114

City to replace senior center

By LARRY THOMAS
Staff Writer

The Ken Ellis Center, destroyed by a May 30 tornado, will be rebuilt, Jeffersonville Mayor Rob Waiz announced Wednesday.



WAIZ

Built in the mid-1970s and owned by the Jeffersonville Parks Department, the center was a civic focal point in Claysburg. It hosted activities from private birthday parties and wedding receptions to the Ken Ellis Senior Center, which provided meals and social activities for senior citizens.

A release distributed Wednesday by Waiz said the

SEE CENTER, PAGE A4

Evening News
8/5/04

CENTER

CONTINUED FROM PAGE A1

city intends to construct an upgraded version of the facility either at its original 211 Martin Circle address or nearby its former location.

"The Ken Ellis Center was an integral part of our community for many years," the mayor said in his release. "It's absence has demonstrated how important the center was to so many people."

Waiz added, "I want the new Ken Ellis Center to be bigger and better. I think it's vital that it remain in the same general area."

The city is expecting approximately $175,000 in insurance proceeds from the destroyed building and intends to apply for a $500,000 grant from the Indiana Department of Commerce to help construct the new facility.

On Saturday at noon the Jeffersonville/Clark County Branch of the National Association for the Advancement of Colored People and Indiana Democratic African-American Caucus Southern Indiana Chapter will host a rally in support of the center's reconstruction. The event takes place at the center's former site and is timed to coincide with this weekend's Claysburg Reunion Days.

Organizers Stephanie Redd Nelson and Dustin White said that since the city has announced its commitment to rebuild the Ken Ellis Center, they hope Saturday's rally will serve to encourage Waiz and the parks department to include input from the former center's users into the plan for the new activities building.

"What I'm trying to do is get more people involved in the process," White said.

Nelson added, "We need to talk to the City of Jeffersonville. We want to be sure (the new facility) is adequate for our senior citizens."

In his release, Waiz said he intends for citizen participation to play a significant role in the project.

First District Councilman John Perkins, whose district includes the Claysburg area, said Waiz' announcement was welcome news.

"I don't think there was any doubt we were going to rebuild it," the councilman said. "I mean, that building was used a lot."

While Perkins appreciates the utility of the former center, his hope is that a new building will be both a centerpiece for Claysburg and be a fitting tribute for the civic leader for whom it is named.

"If we get the grant, which we're hopeful for, it'll be bigger and better," Perkins said.

City Attorney Les Merkley said Waiz would have liked to have announced the center's reconstruction earlier but that the city was waiting to hear if the Federal Emergency Management Agency would provide funds to help rebuild the structure. The lawyer said design work would not commence until the city confirmed all of its funding for the project.

"We can't really design anything until we know how much money we have," Merkley said.

Scott Co Journal 4-5-04

Staff photo by MARTY RANDALL

An outer layer of brick is applied to the walls of the new Austin Senior Center. The Center is being readied for opening some time in May. A banner proclaims that occasion to passers-by on U.S. Highway 31 North in Austin.

Ken Ellis Sr. Center 5-30-04

Ken Ellis Sr. Center
5-30-04

Storm destroys Ken Ellis center

By ALEX DAVIS
alexdavis@courier-journal.com
The Courier-Journal

A nonprofit group that serves senior citizens across Southern Indiana is seeking a new home for some of its programs after a severe storm Sunday destroyed its flagship community center in Jeffersonville.

The Ken Ellis Senior Center was one of 15 area sites where seniors could eat a hot meal or find a game of bingo coordinated by LifeSpan Resources Inc.

The Ellis building also was the most comprehensive site, offering health screenings, educational programs and scores of arts and crafts activities, according to Pat Jewell, LifeSpan's executive director.

"A lot of the folks had been coming there for years," she said. "It was a lifeline for them."

Built in the mid-1970s, the building was owned by the Jeffersonville Parks Department. Mayor Rob Waiz toured the site yesterday and said an insurance adjuster declared the facility a total loss.

He said he planned to meet with neighbors and community leaders to discuss ways to continue the center's programs and perhaps build a new facility. He said crews planned to demolish the remainder of the building and remove debris from the site by today.

Rob Poff, the city's parks superintendent, said he expected to receive figures in the next couple of days on the building's value and the amount of a possible insurance reimbursement.

As city leaders assessed the damage yesterday, a steady stream of people snapped pictures or shot videotape of the ravaged building, located at 211 Martin Circle.

"My goodness, it's terrible," said Donna Barrett, 58, who visited the building twice a week. "It's really hard to believe."

Barrett, who lives in Clarksville, said she took advantage of crafts activities there, as well as hot lunches that cost about $1 per person.

The building also housed the Jeffersonville-Clark County chapter of the AARP, and it was a popular location for African-American community events.

Martha Prince, president of the local AARP chapter, said her group's 120 members will have to find a new place for their monthly meetings. They also had 30 years of records stored at the Ellis center, and she said it's unclear if they can be recovered.

Daily activities and meals frequently drew 15 to 20 people to the center and as many as 60 on bingo days, Jewell said. She said senior citizens still can take advantage of the meals program at LifeSpan's other sites in Clark, Floyd, Harrison and Scott counties.

The three closest locations, according to LifeSpan, are the Clark Arms apartments, 117 W. Market St. in Jeffersonville; the Yellowwood Terrace apartments, 2100 Green Tree Blvd. North in Clarksville; and Mark Elrod Towers, 1 Wolfe Trace in New Albany. Lunch generally starts between 11:45 a.m. and noon, Jewell said. For more information, call 948-8330.

Sue Johnson, another visitor to the site yesterday, said she coordinated LifeSpan's senior activities at Ellis for 23 years before retiring in early 2003.

Without the center, she said, many of the area's senior citizens "would be very depressed at home, and they wouldn't have gotten out."

The center initially targeted low-income residents, she said, but later served seniors from all walks of life.

Johnson, 62, drove by with a video camera to capture the remains of what she said had been one of the busiest such centers in Southern Indiana.

"I wanted some memories," she said, "because I loved this place."

BY ALEX DAVIS, THE COURIER-JOURNAL

Jeffersonville Mayor Rob Waiz stood outside the storm-ruined Ken Ellis Senior Center yesterday. Waiz said an insurance adjuster had declared the facility a total loss.

The Courier-Journal
Indiana
courier-journal.com

Tuesday, June 22, 2004

B
Weather B4
Deaths B5, 6
Bob Hill is on vacation. His column will resume when he returns.

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$400,000 in grants set for Scribner

Money will help decontaminate New Albany site

By BEN Z. HERSHBERG
bhershberg@courier-journal.com
The Courier-Journal

New Albany has won $400,000 in federal grants to clean up the site for Scribner Place, the downtown project that is to include a YMCA, an indoor swimming complex and a hotel.

The two $200,000 grants are the maximum available from the U.S. Environmental Protection Agency for such cleanups, said John Rosenbarger, director of the New Albany Plan Commission.

They will help pay to clean or seal soil that was contaminated with heavy metals, petroleum and other hydrocarbons, the EPA said.

The contaminated property, near Main Street, previously was used for a forge, a tire-reprocessing business and other industrial purposes.

Winning the grants in a national competition is an important step for the city, Rosenbarger said.

Some preliminary cost estimates were as high as $800,000 to $900,000, with the balance, after the federal grants, to come from money raised through bond issues and private grants.

The next step toward building Scribner Place, Rosenbarger said, is completing negotiations with the owners of property needed for construction.

The city had negotiated options to buy seven tracts from four owners, he said, but the agreed-to prices didn't include the cleanup costs. So he and other city officials are attempting to come to terms with property owners on what they will be paid after cleanup costs are deducted.

The city sent offers to the owners about a month ago, he said, and negotiations are under way with all of them.

The city has the authority to use its right of eminent domain to acquire the property, Rosenbarger said, but no steps have been taken in that direction.

He said he hopes demolition of old buildings and clearing of land can begin by fall.

Wayne Estopinal, the architect whose firm has been working on preliminary designs, said he is to meet today with Mayor James Garner to discuss the latest design concepts for Scribner Place.

Estopinal said four or five developers have expressed interest in the plan, with the focus of private development on a 100- to 120-room hotel. It would complement the 50,000-square-foot YMCA, the indoor-swimming complex and public plaza.

A condominium building that has been discussed hasn't been eliminated, Estopinal said, but would be built in a second phase if developers determine there is demand for such riverfront housing or other private construction downtown.

There also would be more than 400 parking spaces beneath the complex for the YMCA and other downtown activities, Estopinal said.

He said the latest $47 million estimate of Scribner Place's cost hasn't been recalculated. But he added that his office will compute a new estimate soon, after determining which of several preliminary designs city officials and developers prefer.

Estopinal said he believes the project will have an enormous impact on downtown.

50¢ SATURDAY, JANUARY 15, 2005 ✦ JEFFERSONVILLE, IND. CLARK COUNTY'S NEWSPAPER S

THE EVENING NEWS

A.M. EDITION

Public pushes rebuilding Ken Ellis Center

By LARRY THOMAS
City Editor

About 30 Jeffersonville residents, many of them senior citizens, voiced overwhelming support for the city's proposal for a $500,000 grant to help rebuild the Ken Ellis Center.

On Friday the city conducted a public hearing on a proposal for a Community Focus Fund Grant to be submitted to the Indiana Department of Commerce, to replace the senior and community center that was destroyed by a tornado in May. Following the hearing, Redevelopment Department consultant Kathy Haller drove the proposal to Indianapolis to beat a 5 p.m. submission deadline.

"If it don't be for Ken Ellis, we wouldn't have no place to go," said Jessie Bennett. "We pray together. We love each other. That's a home away from home."

Ken Ellis, who died 25 years ago, was a planning zoning official and lifelong friend of the late Richard Vissing, a five-term Jeffersonville mayor. Ellis' son Ron, the city's street commissioner, said the facility represents "a memorial to someone we love greatly from our family."

"That name means a whole lot to me," Ron Ellis said.

Bethel American Methodist Episcopal Church Pastor Ronald Chambers said he wanted to coordinate a letter-writing campaign among local congregations. "We need to come together collectively," he said.

> "This is not just a whim of the mayor or city council. This is something the citizens of Jeffersonville support."
>
> GARY LEAVELL
> JEFFERSONVILLE-CLARK COUNTY NAACP PRESIDENT

NAACP President Gary Leavell said state officials need to understand the level of community support for the center's rebuilding. "This is not just a whim of the mayor or city council," he said. "This is something the citizens of Jeffersonville support."

The 4,000-square-foot facility was damaged beyond repair by a tornado last Memorial Day Weekend. Mayor Rob Waiz intends to move the Ken Ellis Center from Martin Circle to Pennsylvania Avenue and increase its size to 6,000 square feet at a cost of approximately $844,000. The city will use insurance proceeds from the former center and some of its share of County Economic Development Income Tax funds as the local match for the grant, which represents federal funds administered by the state.

Bob White, representing the local chapter of the American Association of Retired Persons, said, "I've never seen a chapter more eager for something than this one is for this building."

If the city's proposal is approved, it will be invited to submitted a full grant application. Grants are likely to be awarded in early June and construction on the new Ken Ellis Center could begin 90 to 120 days later.

120

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Update B

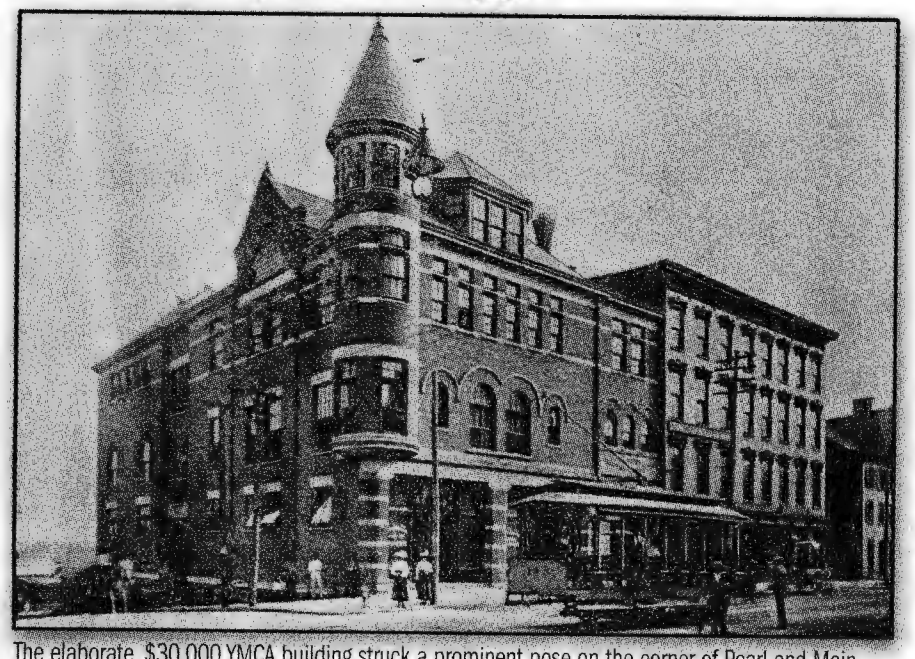
THE TRIBUNE

Spectrum

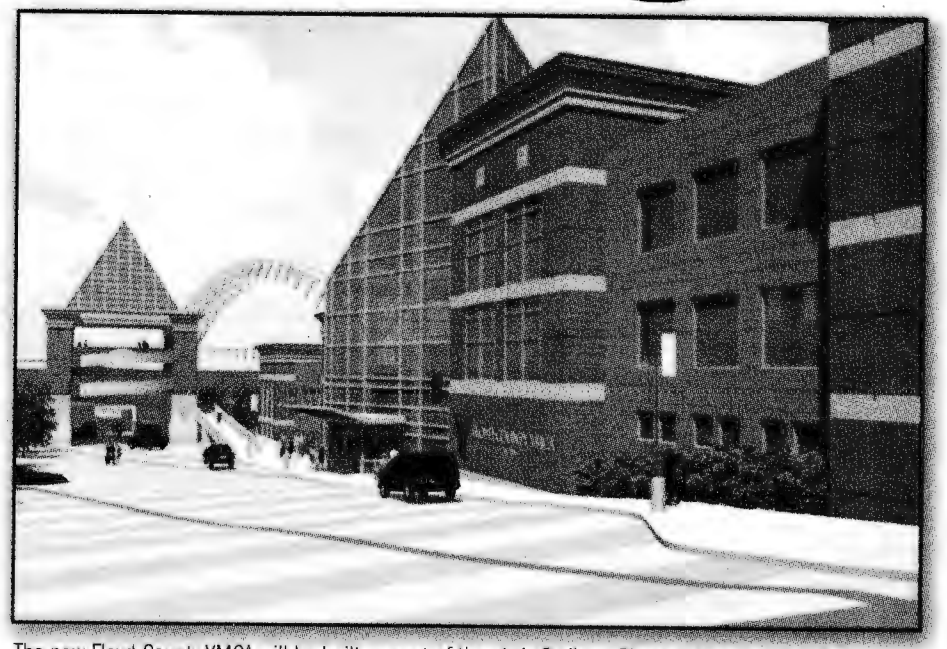
SUNDAY, JANUARY 16, 2005

Associate editor
Dave Davis, 812-944-6481

Everything Old is New Again



The elaborate, $30,000 YMCA building struck a prominent pose on the corner of Pearl and Main streets in New Albany when it opened in 1893. Its rich history ended when the YMCA closed its doors in 1920 and the structure was torn down in 1952.



The new Floyd County YMCA will be built as part of the city's Scribner Place project at the foot of State Street just one block from the site of the original YMCA.

SUNDAY, FEBRUARY 6, 2005

THE TRIBUNE

Vol. 115, No. 31 THE DAILY NEWSPAPER OF FLOYD COUNTY, IN www.news-tribune.net $1.25

■ NEW ALBANY

Demolition bids to open for Scribner Place

By AMANY ALI
Tribune City Editor

It has been some time in the making, but work could soon begin on what will eventually be the massive downtown development project in New Albany known as Scribner Place.

Mayor James Garner said the Redevelopment Commission will open bids on March 8 on the demolition project for some of the buildings that will be cleared for the project. The demolition will make way for the construction of a YMCA and The Caesars Foundation Aquatic Center swimming facility.

The buildings to be demolished include the Double Seven, an old tire company, as well as two Schmitt Furniture warehouses and a Retailers Supply Company building.

"We'd like to go ahead with the demolition of the properties as soon as possible, as soon as the Redevelopment Commission approves them," Garner said.

The project, which was conceived by former mayor Regina Overton and tweaked by Garner, has faced delays. One of those delays came in the form of land acquisitions. There are a total of seven properties to be acquired, but Garner said the city is dealing with the final acquisition — a 25-by-10-foot piece of property near a Schmitt Furniture warehouse west of State Street that is owned by Norfolk Southern Railroad. He said the city had hoped to have the matter resolved six months ago, but said it should be resolved by the end of February.

Garner said the demolition project is scheduled to be heard before the Historic Preservation Commission on Feb. 10. Once the hurdles are cleared and the demolition begins, Garner said the project can proceed and environmental cleanup can begin. He said the brunt of environmental cleanup will be on the Double Seven property, which is the site of an old foundry.

The cleanup is estimated to cost $880,000.

Joe LaRocca, executive director of the Southern Indiana YMCA, said the agency is about halfway through the fund-raising efforts and has raised about $4 million thus far of the $8 million needed. LaRocca said a 14-member steering committee was formed and is still in the midst of the silent phase of the fund-raising effort. The YMCA will enter the next phase and have a kickoff for that on April 12 at the Parthenon in New Albany. Organizers hope to raise the funds by June, and hope construction can begin by the end of 2005.

The project has received several large donations, including $2 million from the Caesars Foundation of Floyd County, $1 million from the Ogle Foundation, $500,000 from an anonymous donor and $100,000 apiece from Community Bank shares and from Humana.

"There is a lot of support from the community," LaRocca said.

While in the midst of the fund-raising campaign, LaRocca said officials are also in the process of negotiating a contract with the project architect — the Estopinal Group in Jeffersonville. The YMCA is also working on a formal agreement with the City of New Albany and LifeSpan, as well as finalizing a schematic floorplan for the facility.

"There's a lot of things happening at the same time," LaRocca said.

LaRocca said the YMCA in Jeffersonville serves about 5,200 clients, with about one third of those from Floyd County. LaRocca said a YMCA in New Albany will attract people to the area, and could promote spin-offs.

"A facility like that is going to attract a lot of people," he said.

Aside from the YMCA and swimming facility, Garner said he has been talking to private developers to discuss options for the area. He will have a conference call this week with one of those developers.

Among the ideas for development, Garner said there a possibility for a hotel, entertainment and arts area and a government center.

"There is potential for the city to move its offices to a government center," Garner said.

In all, Garner said Scribner Place could be a total investment of $50 to $100 million in public and private investments. Thus far, the Caesars Foundation of Floyd County has donated $20 million over 20 years, and the city will receive $400,000 a year in Economic Development Income Tax (EDIT) dollars.

Garner said the goal is to have the YMCA and swimming facility completed by mid-2007. Garner is optimistic about the project, but said it has not been an easy ride.

"I haven't been able to put my feet on my desk and let it run its course," he said. "It's been an actively working plan since I've been in office to get the project running."

122

The Tribune WEDNESDAY, FEBRUARY 23, 2005

Scribner Place receives boost

SUBMITTED PHOTO

Community Bank Shares has added its support to the YMCA of Floyd County with a lead gift of $100,000 over five years. Looking over the rendering of the new site to be built at Scribner Place at the foot of State Street in downtown New Albany are, from left to right, campaign co-chairs Mike Ricke, partner in Ricke & Associates, and Carol Libs, treasurer of AML, Inc.; and James Rickard, President/CEO of Community Bank Shares. For its generosity, the bank's name will be given to the lobby of the new Y that also represents a collaboration with LifeSpan Resources. Community leaders serving as volunteers on the campaign committee continue to seek gifts for the $8 million facility that will have reciprocal memberships with the YMCA of Southern Indiana, 4812 Hamburg Pike in Jeffersonville, that has served both Floyd and Clark counties since 1969.

Image Award judges

SUBMITTED PHOTO

A panel met recently at Rauch, Inc. to select the winners of the 2005 fifth annual Imagine Award in the following categories: Individual with a Disability, Community Leader/Citizen/Volunteer, and Business/Employer of People with Disabilities. Rauch had a list 14 nominees across all categories. Pictured, front row left to right Dale Orem, Wendy Stepro, Joan Kemper and Ron McKulick. Second row, Greg Fitzloff, Uric Duphrene, Pat Jewell-Howard, Dr. Lillian Yeager and George "Tooter" Tinius. Not pictured, Marcia Segal.

Tribune 2/6/05

The Evening News & The Tribune Wed May 31, 2006

Harris picked senior Volunteer of the Year

BY JENNIFER R. WYATT
Contributing Writer

LifeSpan Resources recognized Alma T. Harris, 74 of Jeffersonville as their 2006 Volunteer of the Year. Harris will represent Clark, Floyd, Harrison and Scott counties at the Indiana State Fair in August. She is one of 16 Volunteers of the Year throughout the state.

Harris worked for the federal government as a safety manager and environmental officer before she retired. She has worked in Denver, St. Louis and Savannah, Ill. Harris who is originally from Henderson, Ky., lived in Jeffersonville while she worked at the Safety Center in Charlestown. When she retired from the Army Depot in Savannah, Ill., she moved back to Jeffersonville. She said she moved back because she liked it here and because she had family that lived in Louisville.

Harris is involved in many volunteer activities at her church, Giltedge Baptist Church in Jeffersonville. Besides her church she was on the advisory council for LifeSpan and she volunteered for SafetyNet, currently she is volunteering at the East Jeffersonville Medical Plaza where she helps elderly get medications for free or with little pay.

Harris took a few minutes to talk with The Tribune and The Evening News.

QUESTION: How did you feel when you found out you were recognized as Volunteer of the Year?

HARRIS: "... I really didn't think I deserved it because I see so many people doing so much and it seemed like although I was doing things I never really took time to think about all that I was doing. I thought about it and I thought I'll put my name down whether I'm nominated or not. Earlene said 'you have to write down all the things you do.' We have what's called the Lord's Kitchen at church so I volunteer for that, then I teach the women's class at Sunday school, and I am the director of senior ministry, and I usually help the Southern Indiana Minority Group set up programs at our church. I also help senior citizens fill out forms and anybody that needs to go pick up medicine or something if they don't have a way I've often told them to give me a call. It's really just a number of things, but it doesn't seem like all the much because anywhere in Jeffersonville I don't think is a great distance."

Q: How many years have you been involved in Senior Games?

HARRIS: "Let's see, I retired in December of 1994 so I'm thinking I probably started in 1995 or 96."

Q: What do you do on the LifeSpan Advisory Council?

HARRIS: "I started out as secretary and then I ended up being vice president. You can hold an office for five years then you have to go off. Then the year after that they can nominate you or ask you to participate again, which is what I am hoping they will do. I usually try to keep up with the activities they are having."

Q: Why are you in involved in Senior Games?

HARRIS: "Oh, I love it. I just love it. They have so many activities. I didn't participate in as many things this year as I normally do because just before the games started we got word that one of my husband's sisters in Gary, passed. I had signed up for a number of things, but I wasn't able to do it. Wednesday when I went bowling I thought sure I was going to get a bowling medal this year but in my age group one of the other ladies beat me out but next year it's going to be better, I'm going to get a bowling medal. Now in the past I have won a medal in bowling and basketball."

Alma T. Harris, 74 of Jeffersonville, was recognized as Volunteer of the Year at Friday's Senior Games closing ceremonies. STAFF PHOTO BY C.E. BRANHAM

Q: What keeps you involved year after year?

HARRIS: "I just love working with them. You see people that are much older than you are getting around, some of them get around better than I do and I think if you keep active you live longer. You keep all your muscles going and your thinking cap going."

MAILBAG

Letters to the Editor

The Evening News & The Tribune May 5, 2006

Help available for Medicare plans

The enrollment deadline for the new Medicare prescription drug benefit is fast approaching, and if it's anything like Tax Day, people will be lining up in droves on May 15 to sign up at the last minute.

I would like to encourage all Medicare beneficiaries in our area not to take that chance. Make time now to carefully select and enroll in a Medicare-approved prescription drug plan to guarantee your prescription drug coverage. By enrolling soon, you will avoid busy signals, slow computer servers and a higher premium in the future. Many seniors are already enrolled and saving money on their prescription medication. Remember this benefit was designed to help you. Do not deny yourself the savings you could find by waiting to enroll in Medicare Part D.

If you still need help choosing a plan, know that there are many resources available. More than 40 organizations throughout the state have partnered with the Medicare Rx Access Network to assist you. LifeSpan Resources is one of those organizations. We have benefit counselors available to assist you with comparing and enrolling in the best prescription drug plans. If your income is modest, you may be eligible to get extra help with premiums and co-pays. Our counselors can also assist you with applying for the extra help and the Hoosier Rx program. Do not wait until the last minute; make an appointment by calling 812-948-8330.

Do not let the May 15 deadline catch you not enrolled.

— Frankie Hunter Able,
Information and Assistance Coordinator
LifeSpan Resources Inc.

2004 GOLD LEAF VOLUNTEERS

The Community Foundation of Southern Indiana *invited all charitable organizations in Clark, Floyd, and Harrison counties to select an outstanding volunteer to be honored at its fifth annual* ***Gold Leaf Volunteer Luncheon*** *on June 18.*

Our communities are richer because of the selfless service of these honorees and their organizations ...

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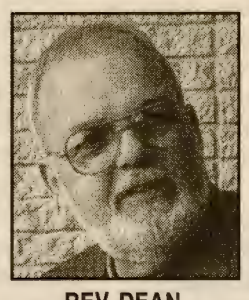

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CATHY PUCKETT
Madera
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BILL NAVILLE
Mary Anderson
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MARY SILVA
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DON GOSSMAN
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JO ANN KIME
New Albany Business &
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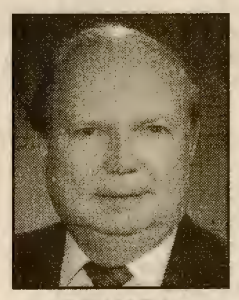

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RANDY WEILBAKER
Our Place Drug &
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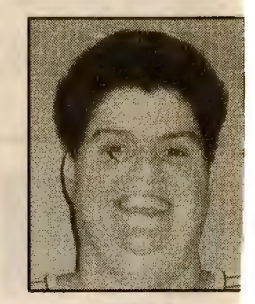
Piankeshaw Chapter/
DAR

MARGE KULWICKI
Providence Self
Sufficiency Ministries



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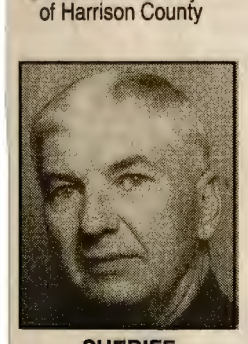

SHERIFF RICHARD SCOTT
Regional Youth
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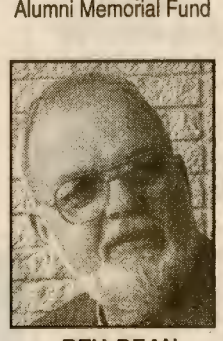
MICHELLE BRANHAM
Restoration
Christian School



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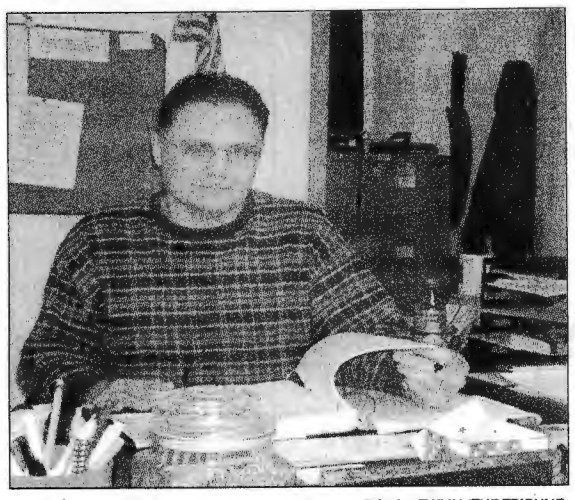
126

Tribune 2/15/04

SUNDAY PROFILE

Man loves helping those who served country



RONI NEWLIN/THE TRIBUNE

Helping veterans is the focus of Glen Hammack's career.

Advisory Council Member

By RONI NEWLIN
Tribune Lifestyle Editor

The main reason Glen Hammack enjoys his job is because he loves to help people. As the Floyd County veterans service officer he is able to do that everyday.

"I really enjoy working with people," Hammack said. "But it's great because most of the people who walk in my office — I'm able to help them get more money, save them from paying money or help them receive benefits they didn't even know about."

After graduating from New Albany High School in 1980, Hammack served in the Air Force for four years. Due to a back injury, he later retired from the Kentucky Air National Guard after 16 years of service. After obtaining an associates degree from Ivy Tech, Hammack learned about the opening of the county's veterans service officer position. He began working in the office, which is located in the City-County Building, two years ago.

Hammack said the federal government requires each county in the United States to be represented by a veterans service officer. Their obliga-

See VETS, page 2A

VETS

CONTINUED FROM PAGE 1A

tion is to supply information, advice and support to veterans in their area.

"I'm a veterans advocate," he said. "Veterans benefit from having a service officer because we are a resource of information, phone numbers and documents."

To remain certified for the position, Hammack attends a conference each year and is tested on the new information he receives. He said it is common for an entire book to be printed each year with new laws and changes.

"People take for granted that they know everything, but they don't," he said. "It's amazing the changes I've seen just in the short time I've been here."

Hammack said he receives about 50 office visits and more than 150 phone calls a month from veterans seeking advice. He also makes several house calls each month.

"If a veteran is unable to come to me, I will go to them," he said.

Hammack said he's not sure if everyone knows about his services.

"There is so much information and it is not well publicized," he said. " If a vet doesn't go to a VFW or American Legion post, they might not be hearing a lot of important information. Laws and changes are constantly being made. A vet might be eligible for a benefit he doesn't even know exists."

To keep local veterans informed, Hammack writes a newsletter and maintains a Web site with the latest information. He also encourages people to call or make an appointment if they have any questions.

"Veterans know I can relate to them, and they know I'm on their side," Hammack said. "I'm happy to help them, even if they just want to talk."

For more information call Hammack at 948-5495 between 8 a.m. and 5 p.m. Monday through Friday. His Web site is located at www.invsoa.homestead.com/floyd.html.

BUSINESS
WEDNESDAY, MAY 3, 2006

Meals on Wheels a valuable resource

Private association faces government-funded challenger

You are getting older, living alone. You want to continue living where you are. You don't want to move in with your children and you think they might not want you.

MORTON J. MARCUS
Indiana Columnist

You don't want to move to some assisted living place and give up so much of what you have known for so long. You are disabled or otherwise unable to cook for yourself.

Where do you turn? Your first thought is Meals on Wheels. You — or a member of your family — are computer literate and the Web site for the Meals on Wheels of America Association comes up on your screen. But there are 31 listings for Indianapolis, eight for Terre Haute, five for Bloomington, four in New Albany, two in Jeffersonville and one in Clarksville. But not each listing is a Meals on Wheels service provider.

I tried to count the total listings in Indiana on the Meals on Wheels Association of America's Web site — www.mowa.org — but gave up after 170 and was only nine letters into the alphabet. Many listings are for sites where meals are served to seniors, but they are not places that offer delivery of meals to the homebound, regardless of age.

In Indianapolis, Meals on Wheels (MOW) operates exclusively on private funds with no government assistance. It is overwhelmingly self-supporting with less than 10 percent of its operating budget coming from the United Way. A small fee, $5 per day, is charged to clients who can afford that amount.

The Indianapolis operation uses nearly 90 percent of its private donations for client services. They serve between 400 and 500 clients, every weekday except holidays, delivering two meals a day with the help of 1,500 volunteer drivers.

Their food suppliers include eight hospitals and six health care centers. Since they started this effort in March 1971, they have delivered 5 1/2 million meals.

To become a client of MOW, a person needs a doctor's prescription. The meals themselves are prepared consistent with the doctor's recommendations. MOW of Indianapolis offers frozen foods for weekend meals and for emergencies — when volunteers might not be available to make deliveries.

Recognized for excellence across the nation, the association has a special day each year during which local mayors join the volunteers to deliver meals to surprised and delighted clients.

In every community where a MOW operates, it needs more volunteers to make deliveries, to cover more routes. As more and more of us live longer and stay alone or as couples in our own homes, the need for MOW increases.

But all is not necessarily tranquil in the world of MOW. The national Web site describes the association as "the oldest and largest organization in the United States representing those who provide meal services to people in need." This suggests they are differentiating themselves from a "newer and smaller" organization.

The MOW of Indianapolis Web site is very explicit. It says, "In Indianapolis, there are two types of meal delivery services for the elderly and homebound. One type is funded through federal and state appropriations.

"The other, which describes Meals on Wheels Inc., is powered by volunteers and donations."

This statement is followed by five points where MOW is differentiated from its competition.

What's wrong with this picture? Here in one corner is an experienced private agency (MOW) providing properly nourishing meals in a timely fashion. In the other corner is the challenger, a government-funded entity that does not serve its clients as well. Aren't there better uses of scarce government funds than competing with a dedicated, competent private agency?

Marcus is an economist, author, and speaker who has traveled and studied Indiana for more than three decades. Reach him via e-mail at mortonjmarcus@yahoo.com

EVE OF HER REIGN

Former Floyd official receives Older Hoosier Award

BY JENNIFER R. WYATT
Contributing Writer

Two special awards are given out every year at LifeSpan Resource's Senior Games, Senior Volunteer of the Year and Older Hoosier of the Year. This year the Older Hoosier Award was awarded to Carolyn Eve, 70 of New Albany. Eve will represent Clark, Floyd, Harrison and Scott Counties as the Older Hoosier at the Indiana State Fair.

Eve retired from Floyd County government. She served as County Recorder for four years and County Treasurer for 10 years. She was on the LifeSpan Board of Directors for nine years and is currently on the advisory board for the Senior Games.

Eve took a few minutes to talk with The Tribune and Evening News.

Question: How do you feel about being awarded the Older Hoosier Award?

EVE: "I'm overwhelmed because I didn't expect it. It is such a special award."

Q: What is the Older Hoosier Award?

EVE: "It's given to a member of the community, and then we go to the State Fair and participate. It use to be at the Governor's Conference but this year they are going to have it at the State Fair. It is a prestigious award because you are one of the 16 in the state."

Q: How many years have you been involved with the Senior Games?

EVE: "Ever since it started, which it's the 20th birthday, so 20 years."

Q: Why are you involved in the Senior Games?

EVE: "I've been involved in a lot of volunteer organizations throughout the county. I enjoy working with senior citizens."

Q: What keeps you involved every year?

EVE: "I've love the people, I love being around the people. It's like a reunion."

Carolyn Eve of New Albany was recognized as the LifeSpan Resources, Inc. Older Hoosier of the Year during closing ceremonies. STAFF PHOTO BY C.E. BRANHAM

Q: What do you do on the advisory board?

Eve: "Decorations for here (opening ceremonies) and decorations for closing and I'm judging the bake-off. Wherever they have needed me through the years, I've been on different games. I've been on horseshoes, and I've done a lot of walks. Wherever they need me, I don't mind working."

Q: What other community work do you do?

Eve: "I've active now in AARP, and I've worked with the 4-H Fair for 12 years. I've worked on the American Cancer Society. I've been the March of Dimes Walk-A-Thon Chairman, and the Mayors Prayer Breakfast. Also I support the YMCA fundraising. That's about most of it."

Staff photo by MARTY RANDALL

A new pool table has been added to the Austin Senior Center, much to the delight of the people who enjoy the services provided at the local facility through LifeSpan Inc., the agency which operates the center and its daily meal program. Keeping their hand-eye coordination sharp by using the pool table are, from left, Raymond Coomer, Delmer Coomer, Brenda Barger, Lena Spence and Tilda McIntosh, all shown with site manager Julie Money. The Austin Senior Center is available to all seniors and is located at 21 Wilbur Avenue off U.S. Highway 31 North. Hours are from 8 a.m. to 1 p.m. Monday through Friday excepting holidays. Meals are served at 11:30 a.m. to seniors who make reservations the day before they plan to eat there. Call the center at 794-4212 for more information.

Age is no hinderance for 71-year-old volunteer who "does it all"

SUNDAY PROFILE

Laurell Smith

The Tribune 8/18/86

AT 71-years-old Don Williams of New Albany is not ready to slow down. In fact, he likes to keep busy — very busy.

Williams, who says he has been blessed with good health, enjoys volunteer work, which he does a lot of. For example, he distributes magazines to people living in retirement homes; he volunteers for the "Meals on Wheels" program, sponsored by the South Central Indiana Council for the Aging and Aged; and he provides transportation to doctor visits to those who are unable to take themselves.

But that's only a few of the many voluntary jobs Williams does. According to friends, Williams is an amazing person.

"Anytime anyone needs him, day or night, he is ready and willing to serve," said Mary Lee Gilbert, who attends Culbertson Baptist Church along with Williams. "(And) he still makes time for his family and grandchildren."

His favorite job is making tapes for people who are too sick to attend service at Culbertson. Each Sunday after church Williams spends about two hours making copies of the worship service. Afterward, he delivers them to the sick.

"I felt like it was something the church needed to do. A lot of the (sick) people are elderly and many are not able to (get to church)," he said. "It's a fun ministry; you get to see a lot of people that don't get to see anybody else."

Williams is very active at Culbertson, where he has attended for the past 40 years. He teaches a Sunday school class for older people, and he has served on the church's building and nominating committees.

Also, he was one of the organizers of "The Young and the Rest of Us," a group that started at Culbertson about six years ago with about 30 members and now has more than 100 members from numerous churches in the community.

"It's a fun thing for older people to do," Williams said.

Williams said he loves helping elderly people because they are less likely to be able to help themselves. He works part time at the Rite Aid drug store in New Albany delivering prescription drugs to older people. Williams says he doesn't do it for the money because it doesn't pay that much. He does it because it's a service people need.

WILLIAMS

"Elderly people don't have someone to deliver prescriptions," he said. "I'm not working for the money. I get to get out among people; I like working with people."

Williams said his faith in God keeps him working. He also said that he has a strong commitment to Culbertson, the church he joined in 1956 after moving to New Albany.

He worked for Prudential Insurance Company for 32 years before retiring in 1984. He then started working part-time for Taylor Drug Store, which later became Rite Aid.

Williams is married to the former Annabelle Purlee, his wife of 50 years. The couple have two daughters and five grandchildren.

Williams said as long as his has good health he will continue to help others.

"I don't give away more than I get back," he said. "I don't know when I'm going to get it back or who is going to give it, but you're going to get it back in some way."

130

Tribune 8/18/04

SUBMITTED PHOTO

Above, AARP President Mary Dolan distributed tickets to members Anne Cullen, Leona Becher, Sue Balmer, Katherine Hickerson and Annette Hess.

Local AARP chapter helping those in need

From staff reports

The local chapter 3217 of AARP is participating in National AARP and National Organization of Disability Community Betterment Award. This is geared to enhance the lives of persons with disabilities by expanding their participation and involvement in community life and activities.

The chapter has chosen to do a fund-raiser for the Transportation Program of LifeSpan Resources, whose mission is: Promoting Independent Living for People of all Ages. They provide transportation for medical appointments, cancer treatment, physical therapy, dialysis, medication pick-up, nutrition sites and counseling appointments. They have lift-equipped vans, are a Medicaid provider and they serve residents of Floyd, Clark, Harrison and Scott counties. Donations are accepted for these services and average 60 cents. A typical month includes approximately 3,000 one-way trips, constituting 23,880 vehicle miles.

AARP is selling "Tickets to Independence." All of the money donated through the "Tickets to Independence" will be given to LifeSpan Resources Transportation Program to help provide transportation services for the elderly and persons with disabilities in the community to doctor's appointments and for life-sustaining therapies. Anyone interested in donating to the program may call Carolyn Eve, AARP chairperson, at 944-5528.

Garner seeks Scribner Place cut

Courier-Journal Aug 27, 2004

City can't finance the project alone

By Ben Z. Hershberg
bhershberg@courier-journal.com
The Courier-Journal

New Albany Mayor James Garner is trying to close a $7 million gap between the cost of the proposed Scribner Place downtown development and the financing available for it.

An indoor swimming complex, public plaza, parking garages and land acquisition for the project carry an estimated $22 million price tag, he said.

But the city will have only $14 million to $15 million available from bond issues planned in the early years of construction, he said.

Those bonds are to be paid off with $400,000 to $700,000 a year from the city's share of economic development income taxes and contributions from the Caesars Foundation of Floyd County.

As a result, Garner said, he has been recasting plans for the development and has asked the Estopinal Group, the Scribner Place architects, to rework their designs.

To fit the budget, he said, it may be necessary to postpone construction of the plaza that would connect the buildings in Scribner Place, including a YMCA and a 120-room hotel.

As an alternative, plans for large parking garages beneath the complex could be delayed or scaled back, he said.

A condominium building and retail space that were part of the initial concept already have been eliminated, Garner said.

Former Mayor Regina Overton, who proposed the project, said she is disappointed that Garner is looking for ways to scale it back.

"We always knew we'd have to go to other wells to make up that deficit," Overton said.

She said she couldn't recall the size of the funding gap her administration expected.

Overton said she thinks it would be a mistake to cut back sharply on the Scribner Place concept, which initially was ex-

See **SCRIBNER**, B2, col. 6

SCRIBNER

New Albany seeks ways to save on planned project

Continued from B1

pected to cost about $60 million, including public and private investment.

The private investment has been put at only about $11 million for the hotel, according to an architect's estimate in late July, compared to the initial $39 million for a condominium, stores and hotel.

"I still think that is the most significant project the city can do to benefit downtown," Overton said. She added that a vital downtown will benefit the entire county.

Cutting back on important elements of the complex could blunt the project's impact by reducing the number of people attracted to the downtown area, she said.

Like Garner, county government leaders are Democrats, Overton said, and for that reason she believes he would have better luck winning county participation than she had as a Republican.

She also believes other funding sources might include Floyd Memorial Hospital, which could send patients in need of rehabilitation to the pools in Scribner Place, or even Indiana University Southeast, which might make use of the pools.

She said she also believes county and city finances are better than when she was mayor because of higher county income taxes.

Garner couldn't be reached for comment yesterday on whether he has explored other sources of money for Scribner Place. But he said at recent meetings with the City Council that he has had only preliminary discussions with county officials and plans to approach them soon about participating in the project.

John Reisert, president of the Floyd County Board of Commissioners, couldn't be reached for comment yesterday.

Garner said Wednesday that he remains committed to Scribner Place but wants to be sure the plans are appropriate and affordable.

The city will complete the purchase of the land it needs between Main Street and the floodwall and between West First and Bank streets by Sept. 30, Garner said.

"Hopefully we will be moving dirt by the end of the year," he said.

Providence senior Tyler Ash throws a bowl in his art class on Tuesday. Ash and members of the Providence Art Club have made 150 ceramic bowls for the Empty Bowls Project on Sunday at the school.

STAFF PHOTO BY C.E. BRANHAM

EMPTY BOWLS

Providence students make bowls for event dedicated to raising money to fight hunger in the area

BY TARA HETTINGER
Tara.Hettinger@newsandtribune.com

SO YOU KNOW

- **WHAT:** Empty Bowls Project
- **WHEN:** Sunday, Jan. 17 from 5 p.m. to 8 p.m.
- **WHERE:** Our Lady of Providence Junior-Senior High School, in the activity center.
- **DETAILS:** Get a handmade ceramic bowl, soup or chili, bread, dessert and a drink for a minimum donation of $15. All money raised will go to Meals On Wheels of Southern Indiana and various soup kitchens in the area.

In 2008, 49.1 million Americans weren't sure where their next meal was coming from, which is up from the previous year's 36.2 million.

That's according to feedingamerica.org.

So, Our Lady of Providence Junior-Senior High School students are doing what they can to make a difference in this area by hosting their first Empty Bowls Project event this Sunday, which raises money to fight hunger in the area.

"It's supports a great cause. You get soup, bread, dessert and a student-made bowl for a $15 donation," 17-year-old Matthew Christian said.

He is one of about 75 students who have been working to create ceramic bowls for the event at Providence. People coming will get to choose a bowl and fill it with chicken noodle soup or chili, donated by Sam's Food and Spirits, and dessert donated by Our Best Restaurant.

He said the event is about raising awareness and funds, which will all go to Meals On Wheels of Southern Indiana and various soup kitchens in the area.

"I've volunteered at soup kitchens before, so I kind of knew, but I don't think I quite realized how bad it could be for some people and how many people don't have food when they want it. They can't go to the pantry and get something to eat," Christian said. "I don't think I really realized before that not everybody is as blessed as I am."

Senior Tyler Ash has made 15 to 20 bowls for the event.

"It's kind of hard to learn, but once you get a hold of it, it's pretty easy to make a lot of bowls in no time," Ash said. "It's kind of addicting. I started to make one and I made more. The more I made, I thought, the more money we can get. That'll buy more food for the hungry."

Kristen Ehringer, who designed a T-shirt that's also being sold for the cause, made a bowl to donate.

"It's pretty cool looking. At the bottom of the bowl I wrote with what looks like paint saying 'More please,' with a smiling face," Ehringer said. "Hopefully, whoever buys the bowl will go up and buy more after it."

Christian said he's not sure how much money will be collected for charities, but he's hoping for the best.

"We've worked really hard on this, so I hope people do realize that this is for a really good cause and all the money is going to charities and none of it is going to our school," he said.

"I think it's for a really good cause and I'm glad I've been able to be a part of it. It's cool people can use their talents, their art, for a good cause," Ehringer said.

She said more than helping the hungry, there's another benefit to people coming out to the event.

"It's a great way to mingle with people and to have a great time," she said.

131

SOUTHERN INDIANA

LifeSpan and Floyd Memorial host a mobile medical unit in the area

LifeSpan Resources [Area 14 Agency on Aging] and Floyd Memorial Hospital and Health Services will be sponsoring the Floyd Memorial Hospital Health Express Mobile Medical Unit in Charlestown, Henryville, Austin, and Scottsburg, Sept. 14, at the times and locations listed below:

- 8:30 to 10 a.m., Charlestown Brysonwood Apartments, Charlestown. Health Express will be parked on Jennings Street in the back of the apartments.
- 11 a.m. to 1 p.m., Henryville United Methodist Church, 113 South Ferguson St., Henryville.
- 2 to 3 p.m. Austin Senior Center, 21 Wilbur St., Austin.
- 3:30 to 4:30 p.m., Scottsburg Senior Center, 183 South 2nd St., Scottsburg.

The mobile unit will provide free health screenings for vision. Hearing, sleep apnea, and blood sugar [fasting is not required]. No appointment is necessary. Screenings will be done on a first come, first served basis. This is an excellent opportunity to obtain screenings that are not normally available for free. You do not have to be a senior citizen to participate. All are welcome.

Call 812-948-8330 or visit lifespanresources.org for more information.

Wednesday 25, 2010 Tribune

— Contributed

Page 8 THE SCOTT COUNTY JOURNAL and THE CHRONICLE, Saturday, March 27, 2010

Mayor Graham to Speak About Youth-Senior Center

Work has begun on the former Napper Hospital building on the south side of the Scottsburg square as part of the effort to create a Youth and Senior Center for the city. Scottsburg Mayor Bill Graham will provide an update on the progress of this effort at the Scott County Heritage Center and Museum's Brown Bag Lunch on Wednesday, April 21. The program begins at 12 noon. and is free and open to the public.

Also known as the Bacala Building, many know the structure as the Napper Hospital. It was built in 1936 as the Dr. Floyd Napper Hospital and has been vacant in recent years.

The museum hosts the Brown Bag Lunch programs September through May on the third Wednesday at noon in the Michael L. Smith Room. Each month features a different speaker covering a wide variety of topics and typically lasting about an hour. The next Brown Bag Lunch program is scheduled for Wednesday, May 19.

There will be no Brown Bag Lunches in June, July and August and the programs will return the third Wednesday of September.

132

SOUTHERN INDIANA

Seniors Angel Tree project launches

The Senior Citizens Angel Tree project, a collaboration between LifeSpan Resources, The Salvation Army, Retired & Senior Volunteer Program and Green Tree Mall, will open its adoption booth at 10 a.m. today by J.C. Penney and the Santa Claus booth at Green Tree Mall in Clarksville.

The booth will operate daily during mall hours Nov. 12 to 23. The project will provide gifts of clothing, shoes, candy and toiletries for about 450 nursing home/homebound senior citizens and disabled persons in Clark, Floyd, Scott and Harrison Counties. You can participate by adopting an Angel or, if you cannot shop, you may make a donation and volunteers will shop for you.

Contact Earlene Bennett, Coordinator, at LifeSpan Resources at 812-948-8330 or e-mail at ebennett@lsr14.org for more information.

The Tribune Fri Nov 12, 2010 – Contributed

Medicare seminar Dec. 8 at S'burg Senior Center

Scott County Journal. Dec 4, 2010

Carolyn Trueblood, Senior Advocate for Indiana Bank and Trust, will again present a Medicare Seminar at the Scottsburg Senior Center, 183 S. 2nd St., Scottsburg on Wednesday, December 8, at 10:30 a.m.

She was so well received at the Austin Senior Center in October that she was asked to come back to Scottsburg. She will cover Medicare enrollment procedures, Medicare coverage, Medicare eligibility, Medicare medical and prescription plan comparison. This is the time to compare plans for the upcoming year. She will also be glad to talk to anyone on a one-on-one basis. This is a service provided by Indiana Bank and Trust Company.

Floyd County YMCA to rise again

To some, it was the luxury of being able to take a warm Saturday bath in a real tub.

To others, it was something to do in a city with few recreational opportunities and strict teen curfews of 8 in the winter and 9 in the summer.

To most, it was a place to gather with friends, relax in the reading room, or play games.

The allure of the original YMCA building in downtown New Albany was in its heyday when it was finished in 1893, according to historical records. The city's YMCA program had been founded in 1858, only six years after the first YMCA was founded in Boston, following the YMCA's origins in London in 1844.

The YMCA's history is a rich pattern of highs and lows before post-World War I financial hardships forced its doors to close in 1920. The prominent structure was torn down in 1952 and turned into a municipal parking lot.

EXERCISE IN GIVING

Now, the YMCA is writing a new chapter in the city's culture. It will emerge again, this time at the foot of State Street as part of the new Scribner Place and only a block from its original site at Pearl and Main streets.

The new Floyd County YMCA will be a branch of the current YMCA of Southern Indiana at 4812 Hamburg Pike in Jeffersonville that serves primarily Clark and Floyd counties. The $8 million structure will be a far cry from the first elaborate building's price tag of $30,000.

Thanks to foundations and corporate and individual generosity, more than $4 million already has been donated, and an enthusiastic steering committee of citizens led by Carol Libs and Mike Ricke continues to appeal to residents and businesses for gifts of all amounts.

COMPETITION AND GROWTH

New Albany's original YMCA was the only game in town and prospered for the first 10 to 15 years in that building, according to records of a program about the YMCA that New Albany resident Walter Gadient delivered to the Floyd County Historical Society in 1952.

"Not keeping abreast of the times, and competition, killed the YMCA then," Gadient wrote. Other clubs began to organize and attract special interest groups. Recreational activities sprang up, as did motion pictures, radio, Boy Scouts, and dances.

Competition has only increased, according to Joe LaRocca, executive director of the YMCA of Southern Indiana. That's what keeps the YMCA's staff and directors listening to those it serves, developing and fine-tuning programs, and reaching more and more people from the youngest to the oldest, he said.

The new Floyd County YMCA's 58,000 square feet will include a gymnasium, kids' gym/youth fitness/climbing wall, indoor running track, teen center, wellness/fitness center, aerobics/multi-purpose room, and Child Watch safe play area. In addition to that space, there will be a natatorium and aquatic center.

SMART COLLABORATION

Just as the first YMCA's history reflects the lifestyles of the late 1800s and first half of the 1900s, the new facility will showcase fruitful collaborations to serve the growing needs of a broad range of residents.

The YMCA's partnership with LifeSpan Resources is an excellent use of space and resources in which everyone wins, LaRocca said. LifeSpan will provide an important, on-site supplement to senior activities, support services, and serve as a comprehensive resource center for seniors, caregivers, and those with disabilities.

The senior age group is the fastest growing demographic category at the YMCA, he added, and the facility has become a comfortable place for seniors to socialize and make new friends.

For information about donating any amount to the YMCAcapital campaign (which offers naming opportunities at various giving levels) or programming for all ages, call the YMCA at 283-9622.

Basketball: Did it start in New Albany?

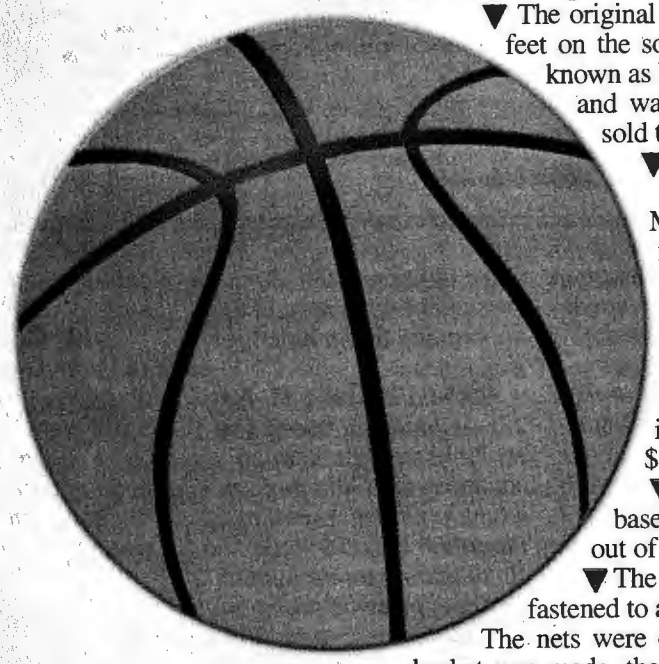
Naming James Naismith as the inventor of basketball in the early 1891 in Boston may capture the money on "Jeopardy," but New Albanians heard the late Rudy Rockenbach insist that the game was first played at the YMCA here in that decade.

"New Albany kids were shooting at peach baskets hanging on a pole at the YMCA before the so-called invention by Naismith," the well-known New Albany pharmacist once told Wally Criswell, a sports writer for The New Albany Valley News in 1959.

Rockenbach, whom Criswell hailed as one of the city's outstanding sports enthusiasts in those days, pointed to the game's popularity at the YMCA, which boasted New Albany's first indoor gymnasium. In fact, the first New Albany High School basketball team was organized around 1902 and played its home games at the YMCA, then on the corner of Pearl and Main streets.

"Rockenbach's claim that basketball first started here cannot be proven," Criswell wrote. "But it seems only fitting that the game should have started somewhere in Hoosierdom."

Archives record this and other nuggets of lore about the YMCA building, missing from the downtown landscape since it was torn down in 1952.



▼ The original building sat on property 60 x 120 feet on the southwest corner of what was then known as Upper First and Upper High streets and was most likely a residence. It was sold to the YMCA in 1891 for $6,500.

▼ The cornerstone was laid in 1892.

▼ Louisville Packing Co. Retail Meat Market occupied the main floor. The other two floors were used by the YMCA's library/reading room; auditorium for theatre, concerts, and lectures; gym; and rooms for public gatherings.

▼ Special summer memberships in the early days were sold for $1.25.

▼ The pool was in the YMCA's basement, filled with cold water right out of the tap.

▼ The basketball court consisted of nets fastened to a brick wall at each end of the gym. The nets were closed at the bottom, and when a basket was made, the game stopped while the ball was retrieved.

▼ By 1907, New Albany had 17 churches and 100 saloons. The YMCA led a campaign to have the saloons banished, and archives note that its outspoken actions caused the YMCA "to take a lot of blame and then lose out on a number of contributors."

▼ The property was sold in 1922 for $15,000 to the state of Indiana for an armory which it never used.

▼ Before standing vacant for a number of years, the building had been used by the United Gas & Electric Co. and Chamber of Commerce.

LifeSpan brings resources to new YMCA

The creative and practical partnership between the Floyd County YMCA and LifeSpan Resources is expected to buoy the foundation of the Scribner Place project in downtown New Albany at the foot of State Street.

Promoting an improved quality of life for citizens is a mission both non-profits share, and their services have written success stories for decades.

A private agency governed by a volunteer board, LifeSpan was established in 1973 and serves Clark, Floyd, Harrison and Scott counties. In 2003, it provided a broad range of independent living services to 1,500 residents (ages 4 to 97) in Floyd County alone.

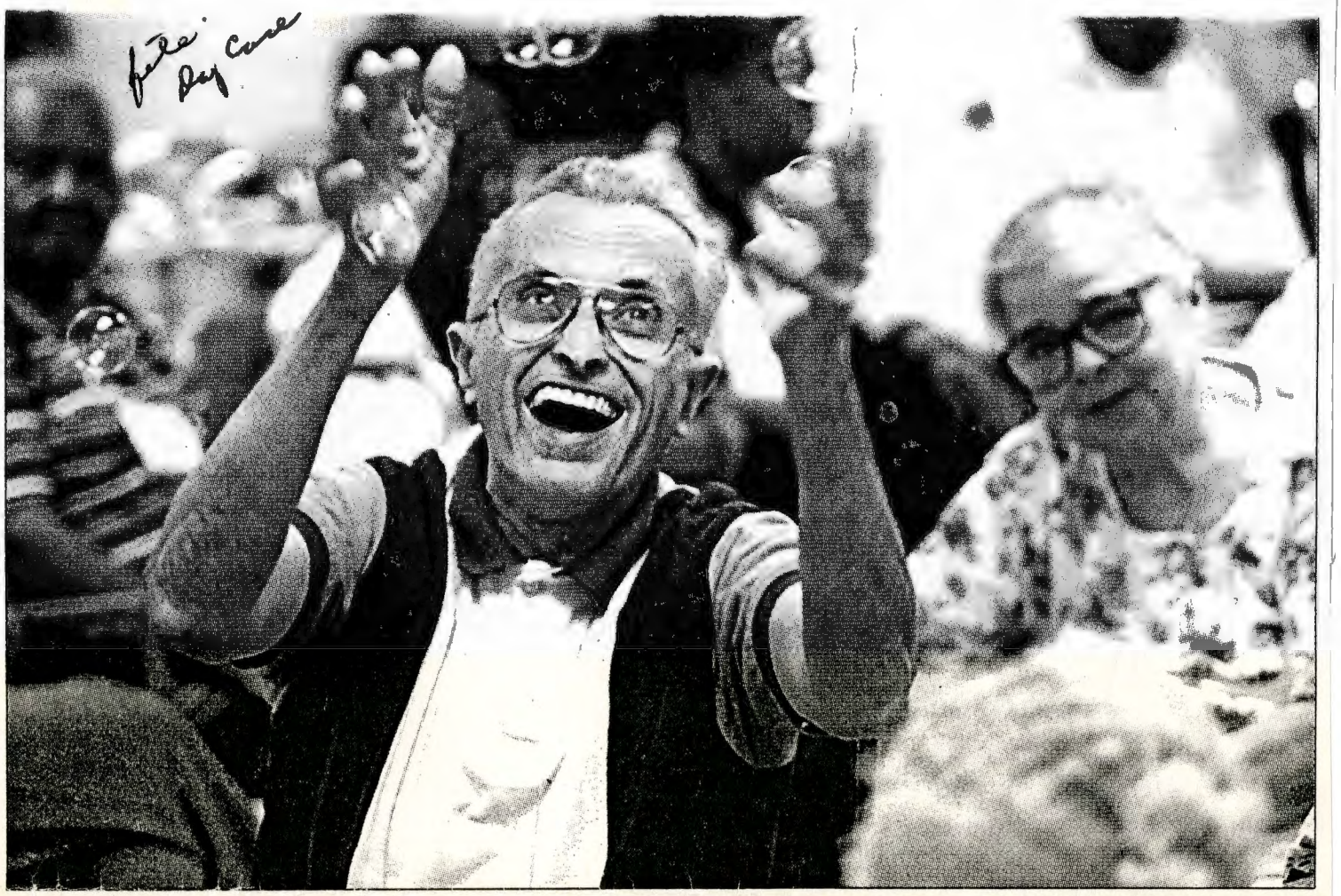
The agency includes 45 full-time and 30 part-time employees with more than 200 volunteers. Its New Albany sites at 317 East Fifth St. in a building donated by the city in 1974 will continue to house its transportation program, while its administrative and care management offices now in leased space at 426 Bank St. will be moved to the new Scribner Place when it opens.

LifeSpan services include: Meals on Wheels, senior nutrition program and sites, transportation, care management, in-home services, caregiver support, information and assistance, nursing home ombudsman, nursing home pre-admission screening, senior employment, senior centers, health services, legal services, outreach, annual Senior Games and Senior Angel Tree.

The agency's outreach offices are in Corydon, Charlestown, Scottsburg and Austin. A member agency of Metro United Way and United Way of Scott County, it receives $105,000 to support transportation, outreach and the Ken Ellis Senior Center.

LifeSpan's location at the new Floyd County YMCA is a natural collaboration, since both agencies are committed to serving a continuum of ages in the community, according to executive director Pat Howard.

For information about LifeSpan and its services, call 948-8330.



STAFF PHOTOS BY KEITH WILLIAMS

George Lawson enjoyed playing with bubbles at the ATC Adult Health Center earlier this month.

DAY CARE FOR ADULTS

Centers offer relief for families caring for aging relatives

By DICK KAUKAS
Staff Writer

THEY WERE finishing up a game they had started the Friday before, thinking of words that begin with the letters in "mother," and they had reached "T."

"Tom."

"That's right," said Sue Mitchell, activities coordinator for the adult day center run by the Alzheimer's Association's Louisville Chapter, known as the Ruth K. Schmidt Share Care Program.

It was a Monday morning, and Mitchell was writing the words on a board in front of 10 older adults — seven women and three men — gathered in a well-lit room in the basement of St. Matthews Baptist Church.

"Thimble," one of them said.

"Good. Thimble," Mitchell wrote it down.

"Tat."

"Toe."

The list grew.

"Thelma."

"Try."

"Tom."

"You gave us Tom."

"Teabag."

"Tickle."

"Tom."

"We have Tom."

"How about tater?"

"Tater. Good."

"Onion."

"Onion doesn't start with a T."

"Are you going to give us something to eat?"

Sue Mitchell laughed. "In about an hour," she said.

MOST EXPERTS agree that the program run by the Alzheimer's Association — like those operated by a dozen or so "adult day centers" in the Louisville area — are effective and pleasant for the participants.

The experts also see the benefits for the caregivers — free time and the knowledge that a spouse or relative is in a safe, stimulating place.

Add both of those points to the demographics — an aging population and a generation of adults "sandwiched" by the simultaneous demands of children and aging parents — and it seems obvious that the interest in adult-care programs should be soaring.

So why do many adult centers in the Louisville area — including the one run by the Alzheimer's Association — still have openings?

Yes, it's true that the number of centers in the area has been slowly increasing to meet anticipated demands.

There was only one adult center in the state in 1973. Now there are 84 — 45 licensed "health model" centers, where medication can be administered, and 39 certified "social model" centers.

The totals include 10 centers in Jefferson County, two more than a year ago.

For example, Caretenders, a for-profit company, opened its first adult center in the state —

See DAY CARE
Page 4, col. 1, this section

136

Day care for adults

Continued from Page H 1

in Louisville — last March.

Jeanene Manning, Caretenders vice president for marketing, said, "There is a tremendous need, but the education process is very slow.

"People here aren't as familiar with adult day care as people in other parts of the country, like Connecticut and Maryland, where there are a large number" of centers.

Caretenders plans to open its second Kentucky center in Lexington in July.

But right now the one in Louisville, with room for 55 "guests," so far has 20 people enrolled. Daily attendance averages eight to 10.

Several other centers also have openings.

Karen Robinson, a professor at the University of Louisville School of Nursing, has been doing research, trying to figure out why.

She has concluded that many people aren't familiar with the adult day-care concept and that many caregivers "think they should do this alone." Often, they don't seek help "until it's too late."

If elderly people become combative or incontinent, Robinson said, it can be harder to find an adult center that will accept them. That can mean the only options may be a nursing home or paying for personal care by a health-care worker who stays at home with the elderly person.

If the caregiver had been willing to use adult centers earlier, Robinson said, then it might become easier to keep the older adult with the family and out of a nursing home.

For example, she said, research shows that people who go to adult centers have fewer behavior problems.

"The patient gets stimulation, social contact, exercise, a regular schedule during the day. That tends to prevent wandering and other problems at night. They tend to sleep better.

"It's also good for the caregiver. The public has no idea of how confining and isolating caregiving can be."

Besides, day-care experience often makes the adjustment to a nursing home easier, for the family and the older person.

Karen Ring, executive director of the local Alzheimer's Association chapter, agreed that "denial" plays a part in many caregiver decisions.

"They say, 'I can care for him one more day, or one more week, or one more month,' " she said.

Expense is another consideration.

A day in the Alzheimer's Association's Share Care Program costs $36, while the cost of a day at the new Caretenders adult-day facility is $59, including transportation to and from the center.

Medicaid, the state-administered health-care program, pays the fees of poor people covered by it who attend centers licensed as "health models."

But for those who aren't covered, the costs can be substantial. Few if any insurance policies pay for day-care expenses. So for most people it's an out-of-pocket expense, even though many centers try to help by charging on a sliding scale.

STAFF PHOTOS BY PAT MCDONOGH, ABOVE, AND KEITH WILLIAMS

Staff member Joy Briley, left, leads Kell Boatwright, center, and Kate Stephens in exercises at St. Matthews Baptist Church. Johnette Adam, below, leaves the St. William Neighborhood Adult Day Center.

SELECTING A CENTER

The National Council on Aging suggests that people considering an adult center take these common-sense steps:

- Call and get a brochure that includes eligibility criteria, monthly activities, menu, hours, transportation arrangements, costs and number of staff.
- Make an appointment and visit. Check on cleanliness, noise levels, activities, staff attitudes, whether volunteers were helping and the comfort of the facility.

Think about whether you felt welcome and whether your questions were answered.

- Get the opinions of two or three people whose relatives use the center.
- Give the center you select a fair chance. It can take participants awhile to feel comfortable.

Karen Robinson, a nursing professor at the University of Louisville, also said that it sometimes helps to explain what will be happening in terms that a disoriented participant can understand. Many older adults, Robinson said, may not be able to comprehend what a day center is.

It can ease fears, she said, if you tell a person who has been active in church that "this is a church group you'll be visiting."

If the person has done lots of volunteer work, you might say, "You'll be going to volunteer today."

Often, Ring said, caregivers don't want to pay for a day center now. They think they'll be depleting limited resources for an inevitable catastrophe — nursing home care, for example — later.

Sometimes, she said, that means that frail adults are left home by themselves — until something happens that creates a crisis.

"We need to continue to educate caregivers," Ring said, so they'll know what adult day centers offer, and so they'll be more inclined to use resources that are available.

AN EFFECTIVE center, experts agree, is more than a place where a caregiver can drop off a participant and feel sure he or she will simply be safe.

Good centers also provide stimulation.

Participants don't just sit. They play word games and bingo, among other things. Typically they exercise, socialize, take walks, sing songs, reminisce and eat together.

On a recent morning at the St. William Neighborhood Adult Day Center, located in the California Community Center at 1600 W. St. Catherine St., about a dozen men and women exercised in front of a big-screen TV, following the lead of the woman on the video. Staff and volunteers encouraged participation.

The Alzheimer's Association runs the only program in Jefferson County designed exclusively for people with Alzheimer's disease and related disorders. It recently has added staff, expanded its space and lengthened its hours. It continues to seek more volunteers.

Most of the other centers also have at least a few people with dementia — as well as a majority of elderly men and women who are simply frail.

For example, Virginia Futrell, 72, has been attending the adult center run by Highland Community Ministries at St. Paul United Methodist Church on Douglass Boulevard for about four years.

She lives with her son and his wife off Dixie Highway, south of Valley Station, and has been using a walker since she broke her leg in 1994.

"I enjoy it here," she said. "I have friends. I like the games we play. I enjoy bingo." And her family knows she's in a safe place.

"I really don't like Saturdays and Sundays because I don't have as much to do at home," she said.

Many other participants feel the same way.

At the Alzheimer's center, for example, Kate Stephens, 84, attends for 4½ hours Mondays and Fridays, and it's easy to tell she enjoys herself.

On a recent morning she laughed as she kicked a beach ball around a circle of people. She enjoyed doing the arm and leg exercises. And she grinned as she played the word game.

"She has a good sense of humor, and she's fun to be with, even now," said Clara Napier, her longtime friend and her caregiver for the past eight years.

"I didn't want her to go into a nursing home," Napier said. "And I wanted to get help. This gives me time to run errands, see friends and do other things.

"She's perfectly at ease" at the center, Napier continued.

"She loves to get and give attention.

"The other day she told me, 'Well, I guess I'll get going so I can go over there and entertain them.' "

SPREADING SUPPORT AND CHRISTMAS JOY

The Women's Foundation of Southern Indiana recently donated $500 to LifeSpan Resources for its Senior Citizens Angel Tree that will provide gifts and needed items to elderly and disabled nursing home residents and those who are homebound. From left to right are LifeSpan Resources' Earlene Bennett (executive assistant) and Keith Stormes (executive director); and WFSI board members June Huggins (chair), Susie Stewart (in front), and Donna Riley (secretary). LifeSpan expects to deliver gifts to 435 people this month. WFSI, which works to create ways to improve women's lives in Southern Indiana, has earmarked its donation for gifts for women in Clark, Floyd, and Harrison counties.

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